

CultureVision®

A how-to guide for the CultureVision online database



What is CultureVision?



CultureVision is a user-friendly online database available to contracted Cigna Healthcare and Evernorth Behavioral Health providers and their staff. This database is a collection of culturally relevant patient information, and contains information for 75 ethnic groups, religious groups, and additional cultural communities.

Through CultureVision, you can find fully referenced information featuring topics such as:

- Concept of health.
- Beliefs, religion, and spirituality.
- Language and communication.
- Family traditions.
- Gender roles.
- Diet and nutrition.
- Health promotion/disease prevention.
- Illness-related issues.
- Mental health issues.
- Treatment issues.
- Labor, birth, and after care.
- Death and dying.
- Terminology.
- Etiquette.

To learn more, visit [CultureVision – About Us](#) and review the [Frequently Asked Questions](#).

Getting started

Access CultureVision at no charge. To get started, visit CultureVision.com and enter the dedicated login and password.

Where to find your login and password

Cigna Healthcare providers

There are two ways to access your login and password.

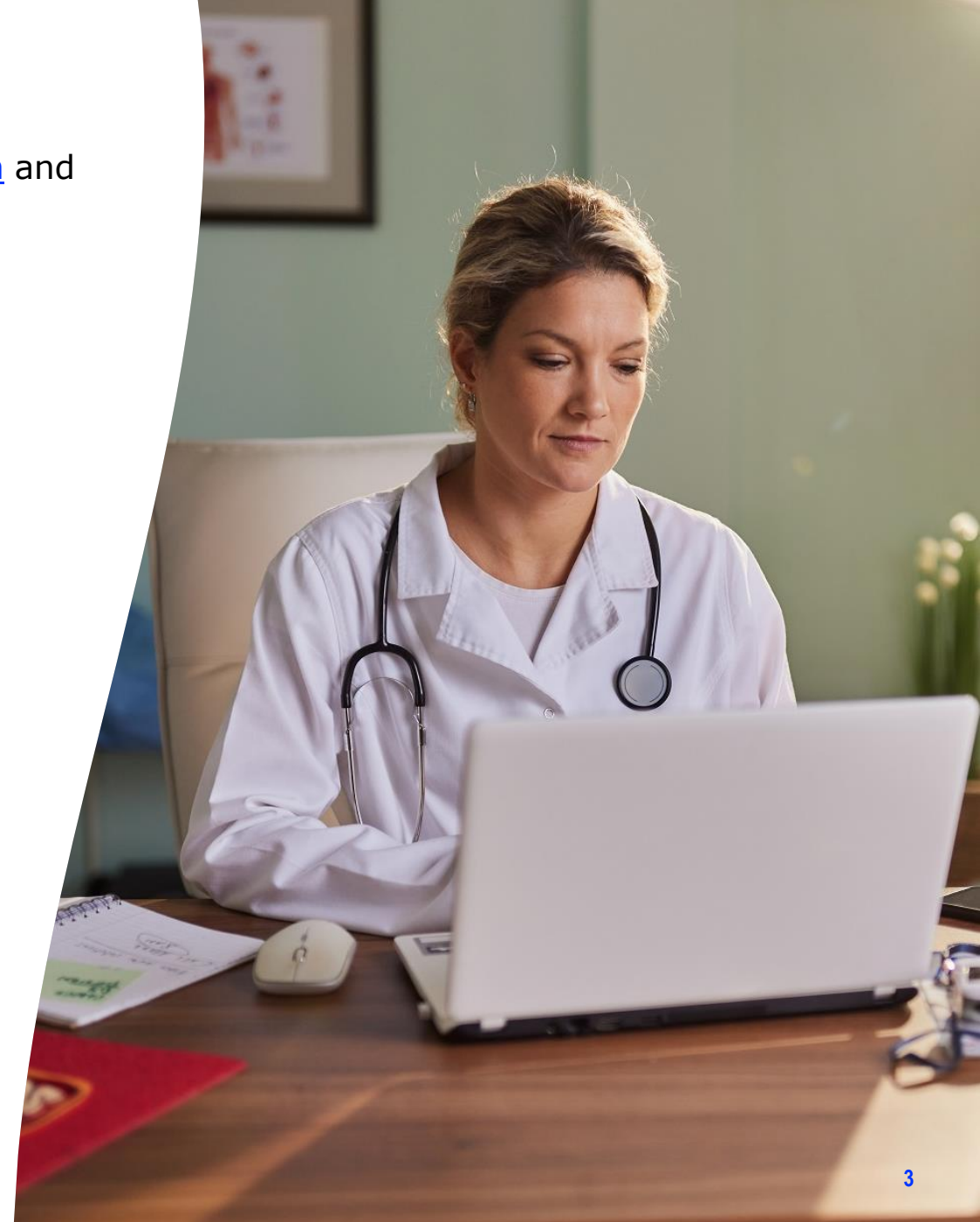
1. Log in to the Cigna for Health Care Professionals website (CignaforHCP.com). Go to Resources > Medical Resources > Doing Business with Cigna > CultureVision. You will find the login and password on this web page.

OR

2. View the latest version of [Network News](#). In the Helpful Reminders section, go to the article "Cultural resources you can use." You will find the login and password in the CultureVision section of the article.

Evernorth Behavioral Health providers

View the October 2023 edition of [Transformations](#). Go to the article "Cultural resources you can use." You will find your login and password in the CultureVision section of the article.



Using the CultureVision database

How to get the most out of CultureVision: View “Using This Resource” web page

- Log in to CultureVision.
- Click the hamburger icon in the top right corner. A drop-down menu will appear.
- Click the arrow next to About Us. Another drop-down menu will appear.
- Click [Using This Resource](#).
- On this web page, you can:
 - Find tips on how to get the most out of CultureVision.
 - Access information about any of 75 ethnic groups, cultural groups, and additional groups from the three “SELECT GROUPS” drop-down menus.

Using This Resource

Three drop-down menus give you access to information about diverse ethnic groups, religious groups, and/or additional populations.

SELECT GROUPS

Ethnic Groups Religious Groups Additional Communities

1. **Approach patients in a warm and caring manner.** Our healthcare system can be daunting and intimidating to people not accustomed to it. Use understanding and patience as you guide your culturally diverse patients through the system and as you respond to their needs and expectations.
2. **Ask questions.** Use the generalized material about each cultural group and from those, ask about practices, nutritional needs, etc.
3. **Share your learnings with your fellow practitioners.** It takes tact and hard work to be a cultural detective. Some practitioners will be more successful than others. Facilitate a patient's ability to experience holistic care from all practitioners, not just one or two.

Watch Demo Video

Learn what CultureVision® is and how to navigate around inside of it.

[View Demo](#)

CultureVision® Advantage

Using the CultureVision database *(continued)*


Dedicated web pages for specific groups

Once you have selected a group from one of the three drop-down menus, a dedicated web page for that specific group will open.

Here you will discover topics that include, but are not limited to:

- Beliefs, religion, and spirituality.
- Concept of health.
- Death and dying.
- Diet and nutrition.
- Family and social structure.
- Gender roles.
- Illness-related stress.
- Language and communication.
- Pregnancy, labor, and after care.
- Treatment issues.

BELIEFS, RELIGION & SPIRITUALITY >	<h2>Vietnamese</h2> <p>Vietnam is located in Southeast Asia; it is bordered by China, Laos, Cambodia as well as the Gulf of Thailand, Gulf of Tonkin, and South China Sea. It is the most populous country of mainland Southeast Asia (World Factbook Vietnam 2017).</p> <p>Most Vietnamese Americans came from what was once the Republic of Vietnam (South Vietnam) although a good number had previously immigrated from North to South Vietnam in 1954 following the Geneva Accords (Britannica Vietnam 2016). The South Vietnamese government, which was allied with the US, collapsed in April, 1975 as a result of military pressure from communist North Vietnam (Britannica Vietnam 2016).</p> <p>Vietnamese have been immigrating to the US in significant numbers since 1975 (MPI Vietnamese 2016). The first group to arrive was mainly comprised of educated, urban professionals. They were associated closely with the American military, embassy and business; many spoke English as well as French (MPI Vietnamese 2016).</p> <p>The second wave (late 70's to mid 80's) included a larger proportion of merchants and farmers who escaped Communist Vietnam in small boats or over land to Thailand (MPI Vietnamese 2016). These refugees, sometimes called "Boat People," suffered extreme hardship and loss including forced labor, food deprivation, re-education (concentration) camps, piracy and rape at sea (Danico 2014, CBC Vietnam 2015). Some lived in squalid refugee camps for extended periods of time (CBC Vietnam 2015). They spoke little or no English before arriving here and some experienced considerable difficulty adapting to life in this country (Rutledge 1992).</p> <p>The third wave, which continues to the present, has come to the US through various programs which prioritized family reunification, those who spent long years in re-education and children of American servicemen with Vietnamese mothers (sometimes referred to as "Amerasians") (Adler and Gielen 2003,</p>
CONCEPT OF HEALTH	
DEATH & DYING >	
DIET & NUTRITION >	
FAMILY & SOCIAL STRUCTURE >	
GENDER ROLES	
HEALTH PROMOTION/DISEASE PREVENTION >	
ILLNESS-RELATED ISSUES >	
LANGUAGE & COMMUNICATION >	
MENTAL HEALTH ISSUES >	
PREGNANCY, LABOR & AFTER CARE >	
TREATMENT ISSUES >	



Additional resources*

To access these resources, go to the CultureVision home page.**

Cultural Competence Learning Guide

Contains a walkthrough on the building blocks of cultural competence, and provides an opportunity to evaluate your strengths, challenges, and opportunities in each of these areas.

Scenarios and a guided debrief process will prompt you to analyze your values and background, and practice converting CultureVision content into skills that you can utilize in cross-cultural situations.

Cultural Assessment Questionnaire tool

For providers seeking to individualize general information found in the CultureVision data base.

The tool includes proposed suggested questions that can be tailored for your needs.



Cultural Competence Learning Guide

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- * Must be logged in to access the resources listed.
- ** Click the hamburger icon in the top right corner. You can access many different resources from the drop-down menu that will appear.

Additional resources* (continued)

Additional resources** include, but are not limited to:

- **Newsletter**
Catch up on what is new at CultureVision.
- **Glossary**
Relevant words and definitions.
- **Frequently asked questions**
Common questions and answers about CultureVision.
- **Scavenger hunt exercise**
Designed to help providers become more familiar with how to navigate the CultureVision website.



* Must be logged in to access the resources listed.

** Click the hamburger icon in the top right corner. You can access many different resources from the drop-down menu that will appear.

The image shows the cover of the CultureVision newsletter for August 2023. The top section is a dark green header with the text "August 2023 | QUARTERLY" and "culturevision® NEWSLETTER" in white. Below the header is a horizontal banner image showing a wireframe head on the left and a landscape with a lake and mountains on the right. The main content area is divided into two columns. The left column has a white background and lists "IN THIS ISSUE:" with five items: "Climate Justice and Health Equity: An Inextricable Link (Pg 1)", "Curated Resources (Pg 2)", "Most Visited CultureVision® pages (Pg 2)", "Public Train the Trainer Returns to Be Equitable (Pg 2)", and "Aug - Oct Cultural Celebrations (Pg 2)". The right column has a dark background and features the article "Climate Justice and Health Equity: An Inextricable Link" by Christina Thompson and Arthur Breese. It includes a sub-section "The Health Impact of Air Pollution:" and a "Continued page 3" link at the bottom right.

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