

PERSONAL GUIDANCE MAKES IT EASY

Helping you save and stay healthy



Now it's easier for you to take control of your health and health spending.

Cigna One Guide service can help you make smarter, informed choices and get the most from your plan. It's our highest level of support that combines the ease of a powerful app with the personal touch of live service. One Guide personal support, tools and reminders can help you stay healthy and save money.

Your One Guide team is a click or call away to help you:

Understand your plan

- › Know your coverage and how it works
- › Get answers to all your health care or plan questions

Get care

- › Find an in-network doctor, lab or urgent care center
- › Connect to health coaches, pharmacists and more
- › Stay on track with appointments and preventive care
- › Take advantage of dedicated one-on-one support for complex health situations

Save on care

- › Learn ways to save and get the most value from your plan
- › Get cost estimates and service comparisons to avoid surprises



Start using the Cigna One Guide service today - by app, chat or phone.

Download the myCignaSM app* or call the number on the back of your ID card to talk with your personal guide.



Together, all the way.®



Offered by: Cigna Health and Life Insurance Company or Connecticut General Life Insurance Company.



The Apple logo is a trademark of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. | Google Play is a trademark of Google Inc. Amazon, Kindle, Fire and all related logos are trademarks of Amazon.com, Inc. or its affiliates. Blackberry and Blackberry World are trademarks or registered trademarks of BlackBerry Limited, the exclusive rights to which are expressly reserved. Cigna is not affiliated with, endorsed, sponsored, or otherwise authorized by BlackBerry Limited.

*The downloading and use of the myCigna mobile app is subject to the terms and conditions of the app and the online stores from which it is downloaded. Standard mobile phone carrier and data charges apply.

All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and complete details of coverage, see your plan documents.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company (CHLIC), and Connecticut General Life Insurance Company. Policy forms: OK - HP-APP-1 et al, TN - HP-POL43/HC-CER1V1 et al (CHLIC). The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

904124 06/17 © 2017 Cigna. Some content provided under license.