

Connect with your Personal Health Team for help with your unique health needs.

For live support from your Personal Health Team call 800.244.6224. For online tools and resources go to www.myCigna.com. And don't forget to visit myCigna.com to share your progress and sign up for text or email messages to help you stay healthy.



We are here to help you.

You now have access to a team of clinical experts across many different fields. They will listen, understand your needs and help you find solutions, even when you're not sure where to begin.

- › Call us – we're here for you
- › Expect service that meets your personal needs, without extra cost
- › Access confidential assistance from reliable, compassionate professionals
- › Find online educational information
- › Locate community resources and support
- › Connect with a care manager to help find the care you need



The Apple logo is a trademark of Apple Inc., registered in the United States and other countries. App Store is a registered service mark of Apple Inc. Google Play is a trademark of Google LLC. Amazon, Kindle, Fire and all related logos are trademarks of Amazon.com, Inc or its affiliates.

1. 2017 National Care Management Satisfaction Survey Results.
2. This is not an all-inclusive list; check your plan documents for additional details.
3. 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 usage charges apply.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and Cigna Health Management, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

916627a 10/19 © 2019 Cigna. Some content provided under license.
base cat# 885725 SR 58471210-128934152

For ALLSCRIPTS HEALTHCARE SOLUTIONS plan participants and their covered family members

CONNECT TO

YOUR TOTAL HEALTH

AND WELL-BEING



Let us do the hard work, so you can focus on getting better

Cigna case managers have a 95% satisfaction rating¹ for a reason (or five!). Trust your case manager to:

- ▶ Work with in-network health care providers to arrange care and get precertifications when necessary (for example,² MRI, CT scan)
- ▶ Help you find quality, cost-effective facilities in your plan's network
- ▶ Provide information about alternatives to costly treatments or procedures
- ▶ Ensure a smooth transition between inpatient and outpatient care
- ▶ Help you find support for home health care, therapy or special medical needs
- ▶ Help you learn more about any new medications you're taking
- ▶ Also, there are online tools and resources to help you manage your health, lifestyle and chronic conditions
 - **Health assessment.** A simple and fun way to learn critical insights about your health
 - **Apps and activities.** Recommends popular health and wellness apps
 - **My Health Assistant.** Online coaching to help reach your goals
 - **Educational materials.** Includes articles and information on almost any health topic.

One phone call lets you:

- ▶ Talk with a health advocate* 24/7/365 when you need medical information about things such as:
 - A twisted ankle
 - A new medication
 - Your child's high fever
 - Ongoing medical issues
- ▶ Learn about different treatment options, so you and your doctor can make decisions that work best for you and your health needs

* These health advocates are trained nurses and hold current nursing licensure in a minimum of one state but are not practicing nursing or providing medical advice.



Together, we can help you get where you want to be

Questions about your health plan or benefits? Take comfort in knowing that personalized, expert guidance is just a call or click away. Download the myCignaSM App,³ or call 800.Cigna24 (800.244.6224) to speak with a personal guide.