

# CLICK WITH A SITE THAT CLICKS WITH YOU

myCigna.com

## We've made myCigna.com all about you

Log in and you'll find the information you need to manage your health and access your pharmacy coverage, including powerful tools, information and resources to help you make informed health care decisions. The site is designed to make it easier to quickly find exactly what you're looking for, and it's compatible with your mobile device – so you can find whatever you need, whenever you need it.

## Get started

Go to **myCigna.com**. The first time you visit, you will be directed through a simple registration process. Once you've registered, keep your User ID and password in a safe place and bookmark **myCigna.com** for future use.

When you log in to **myCigna.com**, everything you need to manage your health and health care expenses is just a few clicks away.

## Get informed

Now you're ready to take advantage of **myCigna.com** and its many health and pharmacy-related features.

As soon as you're on **myCigna.com**, you'll see it's all about you – your pharmacy coverage and claim information, plus tools and resources to improve your health and wellness. You can also easily find a doctor in your network.

**The first time you visit myCigna.com, you'll be directed through a simple registration process.**

**Registration**

ENTER PERSONAL DETAILS → CONFIRM YOUR IDENTITY → CREATE USER ID → REVIEW & SUBMIT

**REGISTERING TO TAKE THE HEALTH ASSESSMENT?**  
If you or your dependent(s) are registering to take the Health Assessment, each person must register separately and then log in with their own User ID and Password.

**Enter Personal Details**  
You're just minutes away from accessing your Cigna online account. Please enter your information to get started.

First Name

Last Name

Date of Birth

Address

Address 2 (Optional)

City

State

ZIP Code

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company.

885468 09/15 Cigna Payer Solutions

## See your pharmacy coverage

Your pharmacy coverage details are all in one easy-to-access place. View all your current claims information, including when and where you received services, what you were billed for and what you paid. See your benefits booklet for specific eligibility and coverage information.

The screenshot shows the 'Find a Doctor or Service' search results page. At the top, there are navigation tabs: 'FIND A DOCTOR OR SERVICE', 'ESTIMATE HEALTH CARE COSTS', and 'MANAGE MY HEALTH'. Below the search bar, it says 'Find a Doctor or Service' and 'Search Results'. The search criteria are: 'You searched for: Johnson', 'Near: Bloomingdale, IL', and 'Plan: PPO'. The results show '36 Doctors Found In-Network'. A callout box highlights 'Cigna Care Designation Quality Designations Specialty: Pediatrics'.

## Use your tools

When you have more information, you'll feel better about your health and your health spending. That's why we have tools to help you calculate costs, compare plan costs, estimate treatment costs and more.

- **Drug price quote tool** – look up prescriptions to compare prices. We also suggest lower-cost alternatives like home delivery or generics.
- **Pharmacy home delivery** – you can learn more about Cigna Home Delivery Pharmacy<sup>SM</sup> and order refills of your prescriptions.
- **Medical cost estimator** – compare estimated costs for various procedures based on Cigna's historical cost data.
- **Manage your health** – the "Manage My Health" section includes a wealth of tools and information to help you get healthy and stay healthy. You'll find articles, support groups and other resources on a variety of topics, including blood pressure, cholesterol, tobacco cessation, weight management, stress and more.



It's your health. And myCigna.com is your site.

\*Quality designations and cost-efficiency ratings reflect a partial assessment of quality and should not be the sole basis for decision-making (as such measures have a risk of error). They are not a guarantee of the quality of care that will be provided to individual patients. Individuals are encouraged to consider all relevant factors and consult with their physician when selecting a health care professional or facility for care. Health care professionals and facilities that participate in the Cigna network are independent contractors solely responsible for the treatment provided to their patients. They are not agents of Cigna.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Tel-Drug, Inc., and Tel-Drug of Pennsylvania, L.L.C. "Cigna Home Delivery Pharmacy" refers to Tel-Drug, Inc. and Tel-Drug of Pennsylvania, L.L.C. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

885468 09/15 Cigna Payer Solutions © 2015 Cigna. Some content provided under license.

The screenshot shows the 'Review My Coverage' page. At the top, there are navigation tabs: 'REVIEW MY COVERAGE', 'MANAGE CLAIMS & BALANCES', 'FIND A DOCTOR OR SERVICE', 'CIGNA HOME DELIVERY PHARMACY', 'ESTIMATE HEALTH CARE COSTS', and 'MANAGE MY HEALTH'. Below the search bar, it says 'Review My Coverage'. The 'What's Covered' section has a note: 'Some elements of your coverage are not available through myCigna.com. For full details of your plan and coverage, please call your plan administrator at the number on your ID card.' There is a 'Pharmacy' section with a note: 'Check up on deductibles, dependents and home delivery coverage for different drugs.' A 'NEED HELP' sidebar is on the right.

## Find a health care professional or pharmacy

Search for your doctor by name or search our network for a specific type of doctor, pharmacy or medical facility. You can filter your results by distance, cost efficiency, specialty and more – even by whether they are accepting new patients. You can also email a copy of your search results.

Be sure to look for the Cigna Care Designation symbol – which identifies doctors who have met certain Cigna quality and cost-efficiency measures.\*

The screenshot shows the 'My Health Programs & Resources' page. It features a grid of health-related topics with icons and brief descriptions:

- Better Eating For a Healthier Life**: You only get one body. Feed it well. Learn more.
- Increase Your Energy and Fitness**: Find more purpose, fun and activity into your day. Get more done with less effort. I choose fitness. Learn more.
- Chronic Health Issue?**: We help you tackle asthma, heart disease and 14 other conditions for an easier, healthier life. Learn more.
- Healthy Pregnancies, Healthy Babies**: Months before your baby's first smile comes a first chance at health. Give your baby a great start.
- Leave Tobacco Behind For Good**: It's your health. Don't let smoke cloud your future. Quit today. Learn more.
- Sleep Better, Feel Better, Live Better**: Reduce sleep problems, rest deeply and wake up refreshed. Get sleep help now. Learn more.
- Control Your Stress**: Everyone has stress. CIGNA can help you control it. Learn more.
- Healthy Steps To Weight Loss**: Boost your health with effective weight management. Learn more.
- Winning Against Cancer**: A cancer diagnosis can be overwhelming. But there are ways to cope. CIGNA can help. Get cancer support now. Learn more.

You'll find helpful resources on a variety of health-related topics under your "Manage My Health" section.

