

## WHEN LEAVING THE HOUSE IS EASIER SAID THAN DONE.

Get care whenever and wherever with medical virtual care.

### Life is demanding.

It's hard to find time to take care of yourself and your family members as it is, never mind when one of you isn't feeling well. That's why your health plan through Cigna includes access to medical virtual care.

Whether it's late at night and your doctor isn't available, or you just don't have the time or energy to leave the house, you can:

- › Get care via video or phone, 24/7/365 – even on weekends and holidays.
- › Connect with quality board-certified doctors and pediatricians.
- › Have a prescription sent directly to your local pharmacy, if appropriate.

**Convenient? Yes.  
Costly? No.**

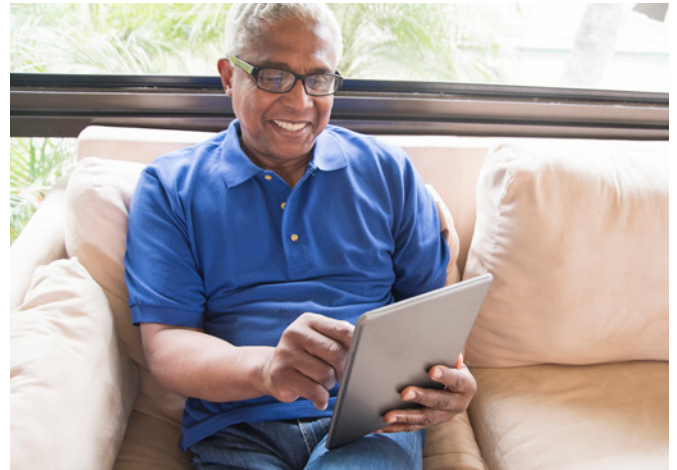
Virtual care for minor medical conditions costs less than ER or urgent care visits, and maybe even less than an in-office primary care provider visit.

**Together, all the way.®**



## Board-certified doctors and pediatricians can diagnose, treat and prescribe most medications for minor medical conditions, such as:

- › Acne
- › Allergies
- › Asthma
- › Bronchitis
- › Cold and flu
- › Constipation
- › Diarrhea
- › Earaches
- › Fever
- › Headaches
- › Infections
- › Insect bites
- › Joint aches
- › Nausea
- › Pink eye
- › Rashes
- › Respiratory infections
- › Shingles
- › Sinus infections
- › Skin infections
- › Sore throats
- › Urinary tract infections



### You have options.

Cigna partners with two national virtual care providers:\* Amwell™ and MDLIVE®.\*\* Both are quality options, so no matter which one you choose, you can feel confident in your care.

#### Amwell

855.667.9722

#### MDLIVE

888.726.3171



To talk with a doctor, or schedule an appointment online, go to [myCigna.com](https://myCigna.com).



\* Availability may vary by location and plan type and is subject to change. See vendor sites for details.

Cigna provides access to virtual care through national telehealth providers as part of your plan. Providers are solely responsible for any treatment provided to their patients. Video chat may not be available in all areas or with all providers. This service is separate from your health plan's network and may not be available in all areas or under all plan types. A Primary Care Provider referral is not required for this service.

In general, to be covered by your plan, services must be medically necessary and used for the diagnosis or treatment of a covered condition. Not all prescription drugs are covered. Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. See your plan materials for costs and details of coverage, including other telehealth/telemedicine benefits that may be available under your specific health plan.

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