

my LIFE. my HEALTH.



## Get connected to myCIGNA and get things done quickly and easily.

Nothing is more important than your good health. That's why there's myCIGNA — your online home for health assessment tools, plan management, medical updates, and much more. Here are just a few things you can do, securely and conveniently ... online!

- Choose your doctor and create a personalized list of nearby doctors, hospitals, and pharmacies.
- View the status of claims.
- Learn about your plan's benefits and features; get answers to frequently asked questions.
- Verify plan details such as coverage, co-payments, and deductibles.
- Refill prescriptions and get a 90-day supply delivered right to your door.
- Order a new ID card or print a temporary one.
- Compare estimated costs in your region for common medical conditions and services.
- Gather information on health conditions, first aid, medical exams, wellness, and more with an interactive medical library.

Go to

[www.myCIGNA.com](http://www.myCIGNA.com)

and TAKE CONTROL.



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