KNOW BEFORE YOU GO

Three steps to being prepared

Cigna wants to help you be a smarter health care consumer. By simply following these three easy steps, you can begin to use your plan to the fullest, which can help you save money.

Step One: Use the myCigna App

Our **myCigna® App** uses 1 touch fingerprint technology, so you can quickly and easily:*

› Find an in-network health care professional, convenience care clinic, urgent care facility and more

› Review your coverage

› Track your claims, account balances and deductibles

› View ID card information

Step Two: Know where to go

You should always start with your primary care provider, but when yours isn't available, consider using a convenience care clinic or urgent care center for things like minor cuts, burns and sprains, fever and flu symptoms, joint or low back pain. These facilities provide quality care like an ER, but can save you hundreds of dollars. And, you can avoid spending hours in the waiting room. Remember, in an emergency, always dial 911 or go to the nearest emergency room.

Don't pay more than you need to! Use the **myCigna App** to find an in-network convenience care clinic or urgent care center near you.

Average urgent care center cost	$176**
Average hospital ER cost	$2,259**

Step Three: Use our 24/7/365 service

24/7/365 service

When you need us, just call the toll-free number printed on the back of your Cigna ID card for live customer assistance 24 hours a day, seven days a week, 365 days a year. You can:

› Get answers to health, claims and benefit questions

› Order an ID card, update plan information and check claim status

› Talk with a licensed pharmacist

› Talk with a nurse for help deciding where and when you should get treatment

› Find a health advocate for help improving specific health issues

Still not sure where to go? Call the Cigna 24-hour Health Information Line at **888.992.4462** or call the number on the back of your ID card.

*myCigna.com and myCigna app are available upon plan effective date. Fingerprint authentication available on compatible devices only. Actual myCigna features may vary depending on your specific medical plan and individual security profile. **Costs are based on Cigna internal analysis of national 2016 averages of participating facilities; actual cost may vary by location, facility, and the type or level of services received.

Together, all the way.®

Cigna.