

# Don't put your joint pain off any longer.

Call today to see if you are eligible for Cigna Pathwell Bone & Joint.



Bone and joint pain can affect everything, including how you're feeling emotionally. Whether the pain just started or you're ready to find care, Cigna Pathwell Bone & Joint<sup>®</sup> and our team of dedicated Clinical Care Advocates can help guide you to the right care at the right time for your spine, knee, hip and shoulder pain.

**By combining designated providers, clinical expertise, coordinated support and digital tools, we empower you to take charge of your health. As a Cigna Healthcare<sup>SM</sup> covered member, this program is included in your medical plan at no additional cost.<sup>2</sup> You'll have access to:**

## Guidance to the care you need

You'll work one-on-one with a Clinical Care Advocate<sup>3</sup> who has expertise in spine, knee, hip and shoulder pain. They'll help you understand your options and create a personalized plan based on your goals. Your Clinical Care Advocate can help with:

- Finding the right treatment plan
- Understanding your benefits
- Access to in-network physical therapy, both in person and virtual
- Education on how lifestyle can impact musculoskeletal (MSK) health
- Additional programs and support offered through your Cigna Healthcare benefits

## Online tools and resources

Our user-friendly digital tools enable you to communicate with your dedicated Clinical Care Advocate, and access personalized activities and articles to support your care plan.

## Surgery benefit

When surgery is right for you, the zero or low-cost surgery benefit<sup>4</sup> includes:

- Quality, affordable surgeons who are part of the Pathwell Bone & Joint surgery benefit
- A travel benefit<sup>5</sup> of up to \$600 to access a Pathwell Bone & Joint designated surgeon when one isn't close to home
- Pre- and post-surgery support and connection with other helpful resources

 **Ready to put an end to joint pain?**

Visit [CignaPathwellBoneandJoint.com](https://CignaPathwellBoneandJoint.com) or call **877.505.5875** to learn more about Cigna Pathwell Bone & Joint.



1. A Condition-Specific Care program.
2. All program costs are included with your insurance plan. If you visit with a health care provider, standard visit costs apply per your plan benefits.
3. These care advocates are nurses and physical therapists holding a current license in a minimum of one state who do not practice nursing or physical therapy or provide medical advice in any capacity as a care advocate.
4. When program participation requirements are met, the Pathwell Bone & Joint Surgery benefit applies to certain spine, hip, knee and shoulder surgeries. For non-HSA plans, the employer's plan pays 100% of eligible expenses. For HSA plans, the plan pays 100% after the deductible is met.
5. For surgery with a designated provider more than 60 miles from home. The amount varies based on factors such as treatment plan, location and duration of facility stay and is subject to program participation requirements.

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