

# SO MANY WAYS TO HELP MANAGE YOUR HEALTH

Get to know the full value of myCigna.

Now it's easier than ever to manage your health and make the most of your health plan on the myCigna® website and app.\* From programs that help improve your health to tools that help manage your health spending, there's so much you can do.



Find in-network doctors,  
hospitals and medical services



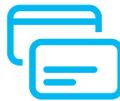
See cost estimates for medical  
procedures



Compare quality of care  
information, including patient  
reviews from Cigna customers



Manage and track  
claims



View, print and send  
ID cards



Use the click-to-chat feature to  
connect with a live Cigna rep



**Feel better protected** Cigna is as committed to helping protect your health information as we are to protecting your health and well-being. That's why we take certain steps to enhance the security of your personal health information on myCigna.



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Disponibile en Español.

Scan the QR code with your phone, and make sure to have your ID card handy; you'll need it to register.\*\*

Together, all the way.®



Offered by Cigna Health and Life Insurance Company or its affiliates.

\* Actual myCigna features may vary depending on your plan and customer profile.

\*\* Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.

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