

CIGNA OAP NETWORK

Taking care of your health means different things to different people. Cigna wants to help you find what you need to be healthy – however and whenever you need.

Put your plan at your fingertips with myCigna.com® and the myCigna® App.*

- › Resources to help you manage chronic conditions, such as diabetes, osteoporosis, acid reflux, heart disease and more
- › Programs such as WebMD tools and My Health Assistant
- › Tools to help you find care and costs and to manage your health spending

Get answers to general health questions.

Receive confidential assistance with:

- › Common injuries and illnesses, such as the flu
- › Treatment alternatives and home care remedies
- › Questions about prescriptions
- › Issues related to postpartum and newborn care

Call **800.768.4695** to speak with a nurse in English or Spanish. Translation is also available in 150 other languages.

See the big picture of your overall health.

The Health Matters health assessment can help you better understand your health, learn more about the medical conditions you may be at risk for and find ways to help improve your health.

Visit **myCigna.com**.

Get help navigating complex conditions.

A Cigna case manager is here to help you manage complex, critical health conditions and is available to:

- › Review care alternatives
- › Help navigate care in-network
- › Find answers to health-related questions
- › Coordinate post-hospital care

Call **800.768.4695**.

Avoid high-cost care.

The emergency room (ER) should be used for immediate treatment of critical injuries and illnesses. For less urgent or serious conditions, urgent care centers and convenience clinics can help save you time and money.

Find in-network providers.

Using doctors and health care services that are part of the Cigna OAP network can save you money.

- › Laboratory and pathology tests from Quest Diagnostics and Labcorp can save you an average of 70%-75%**
- › Services from independent radiology and outpatient surgery centers typically cost less than hospital services

To find in-network care near you, visit the online provider directory at **myCigna.com** or call **800.768.4695**.

Enjoy wellness discounts.***

Save money on products and services, such as:

- › Weight management and nutrition
- › Massage therapy and acupuncture
- › Vitamins and herbal supplements
- › Fitness club memberships and yoga
- › Smoking cessation
- › Hearing devices

Visit **myCigna.com**.

* App/online store terms and mobile phone carrier/data charges apply.

** Based on an internal Cigna national study of 2020 lab utilization data, costs and discounts. Actual costs will vary.

*** **Healthy Rewards programs are NOT insurance.** Rather, these programs give a discount on the cost of certain goods and services. The customer must pay the entire discounted cost. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Participating providers are solely responsible for their goods and services.

The information provided in this document is for educational purposes only. It is not medical advice. Always consult with your provider for appropriate examinations, treatment, testing and care recommendations.

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