

myCigna.com

CLICK WITH A SITE THAT CLICKS WITH YOU



We've made myCigna.com all about you

Log in and you'll find the information you need to manage your health, including powerful tools, information and resources to help you make informed health care decisions. The site is designed to make it easier to quickly find exactly what you're looking for and it's compatible with your mobile device – so you can find whatever you need, whenever you need it.

Get started

Go to **myCigna.com**. The first time you visit, you will be directed through a simple registration process. Once you've registered, keep your User ID and password in a safe place and bookmark **myCigna.com** for future use.

When you log in to **myCigna.com**, everything you need to manage your health is just a few clicks away.

The screenshot shows the Cigna logo at the top left, followed by the word 'Registration'. Below this is a progress bar with four steps: 'ENTER PERSONAL DETAILS' (highlighted), 'CONFIRM YOUR IDENTITY', 'CREATE USER ID', and 'REVIEW & SUMMIT'. A red apple and yellow measuring tape icon is next to the text 'REGISTER TO TAKE THE HEALTH ASSESSMENT? If you or your dependent(s) are registering to take the Health Assessment, each person must register separately and then log in with their own User ID and Password.' Below this is the 'Enter Personal Details' section with the instruction: 'You're just minutes away from accessing your Cigna online account. Please enter your information to get started.' The form fields include: First Name, Last Name, Date of Birth (with dropdowns for Month, Day, and Year), Address, Address 2 (Optional), City, State (with a 'Select' dropdown), and ZIP Code.

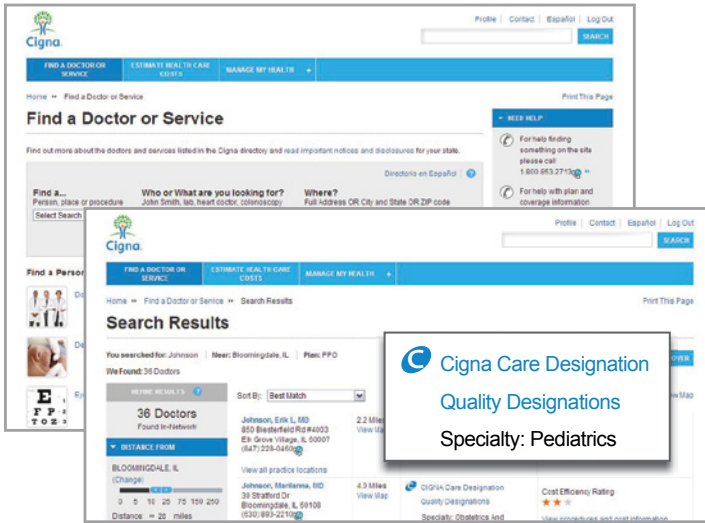
Get informed

Now you're ready to take advantage of **myCigna.com** and its many health-related features. As soon as you're on **myCigna.com**, you'll see it's all about you. You can easily find a doctor in your network, and access tools and resources to improve your health and wellness.

The first time you visit myCigna.com, you'll be directed through a simple registration process.

GO YOU®





Find a health care professional

Search for your doctor by name or search our network for a specific type of doctor or medical facility. You can filter your results by distance, cost efficiency, specialty and more – even by whether they are accepting new patients. You can also email a copy of your search results.

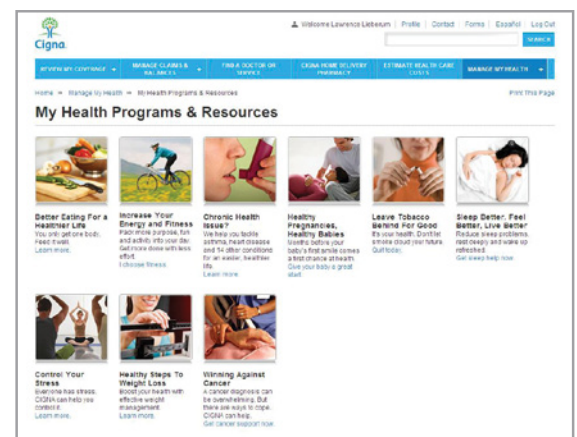
Be sure to look for the Cigna Care Designation symbol – which identifies doctors who meet certain cost and quality measures.

Use your tools

When you have more information, you'll feel better about your health and your health spending. That's why we have tools and resources to help you estimate and compare costs and improve your health and wellness.

Medical cost estimator – compare estimated costs for various procedures based on Cigna's historical cost data.

Manage your health – the “Manage My Health” section includes a wealth of tools and information to help you get healthy and stay healthy. You'll find articles, support groups, and other resources on a variety of topics including blood pressure, cholesterol, tobacco cessation, weight management, stress and more.



You'll find helpful resources on a variety of health-related topics under your “Manage My Health” section.

It's your health.
And **myCigna.com** is your site.

GO YOU.



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

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