

You have a right to know the cost of the services you receive.

You have the power to make a difference in the type and quality of those services.

You have unique health care needs.

*And that's why you have **myCIGNA.com**.*

- *Compare doctors and hospitals.*
- *Look for the best price.*
- *Make informed decisions about your care.*
- *Choose the most effective treatment and services.*
- *Learn simple, effective ways to stay healthy.*

In sum, find value from your health plan. Just point and click.



**Get the most from your plan.
Get the most for yourself.**



**Get connected.
Take control.
Stay informed.**



A Business of Caring.



"CIGNA" and "CIGNA HealthCare" refer to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these operating subsidiaries and not by CIGNA Corporation. These operating subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. In Connecticut, HMO plans are offered by CIGNA HealthCare of Connecticut, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare Mid-Atlantic, Inc. In North Carolina, HMO plans are offered by CIGNA HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by Connecticut General Life Insurance Company.

Compare costs

Use tools to compare costs and quality for hospitals and doctors. This will help you decide where to get care. You can get average price ranges for certain ambulatory surgical procedures and radiology services. You can also find estimated costs in your region for common medical services and conditions.

Find out more about your local hospitals

Learn how hospitals rank by number of procedures performed, patients' average length of stay, and cost. Go to our online provider directory for estimated average cost ranges for a procedure, including total charges and your out-of-pocket expense, based on a CIGNA HealthCare benefit plan. You also can find hospitals that earn the "Centers of Excellence" designation based on effectiveness in treating selected procedures/conditions and cost.

Take control of your health

Complete a brief questionnaire with the **HealthQuotient™** health risk assessment tool. Get recommendations based on your health profile to help enhance your health and well-being, as well as links to other interactive tools.

Explore topics on medicine, health and wellness

Get information on more than 5,000 health conditions, health and wellness, first aid and medical exams through **Healthwise®**, an interactive library. Research articles on clinical findings through **Condition Centers®**.

Keep track of your personal health information

Health Record is your central, secure location for your medical conditions, allergies, surgeries, immunizations, and emergency contacts. **HealthQuotient™** health risk assessment results are included in **Health Record**, so you can easily print and share the information with your doctor. Your lab results from certain facilities can be automatically entered into your Personal Health Record.

Chart progress of important health indicators

Input key data such as blood pressure, blood sugar, cholesterol (Total/LDL/HDL), height and weight, and exercise regimen. **Health Tracker** makes it easy to chart the results and share them with your doctor.

Take advantage of health and wellness programs

Get access to **CIGNA Healthy Rewards®**, offering discounts on programs not often covered by many traditional health plans. Programs include a 10,000 steps exercise program, Weight Watchers®, Jenny Craig, laser vision correction, chiropractic care, eye wear products and services, and more.*

Get things done quickly and simply

- Choose your doctor and create a personalized list of nearby doctors and hospitals.
- View the status of claims.
- Order a new ID card or print a temporary one.
- Learn about your plan's benefits and features – get answers to frequently asked questions, verify details such as copayments and deductibles, and find out what services are covered.

*If your CIGNA HealthCare plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. Healthy Rewards programs are separate from your medical benefits. **A discount program is NOT insurance, and the member must pay the entire discounted charge.**



myCIGNA is your:

- **Benefits resource**
Find out more about CIGNA HealthCare plans and programs to better understand how your plan works and help you get the most from your benefits. Get claims information, order a new ID card, find a doctor, and more.
- **Personal health and wellness manager**
Combining your plan information with WebMD® tools, **myCIGNA.com** helps you identify health risks, learn about conditions and treatments, and take steps to stay healthy.
- **Information center**
Compare providers and costs to help you decide where to get care, chart your progress on key health indicators, store your information where you can find it quickly and easily, and get material covering a range of health and wellness topics.