✓ Read your Benefit Summary
  • Know your benefits before you use them
✓ Find your virtual ID card on the Cigna app
✓ Do the Scavenger Hunt on the Cigna app after you have your ID number and enter to win a prize!
✓ Locate a Cigna Open Access Plus Preferred Provider
  • Click on “Find a Doctor” at myCigna
  • For high quality providers, look for the
✓ Know your options for care when you need it – and choose the most appropriate
  • Nurseline — Can help determine appropriate place to seek care
  • Telehealth — Convenient and inexpensive for routine ailments
  • Doctor’s Office — Continuity of care from routine to chronic
  • Urgent Care — Quick access in and out of traditional office hours
  • Emergency Room — Most expensive but important for serious situations
✓ Pre-register for convenient Telehealth on myCigna.com
  • Phone or chat doctor visits
  • Amwell or MDLIVE for medical, or both!
  • Behavioral health (under Specialty in the Behavioral Directory link)
✓ Get your Preventive Care
  • Routine care free with Preferred Provider
✓ Questions? Call Cigna at the number on your ID card

Get started!

1. **Launch** the myCigna app or go to the myCigna.com website and select “Register Now”
2. **Enter** your requested information
3. **Confirm** your identity
4. **Create** your security information and provide your email address
5. **Review** and submit

**Average Cost Per Visit**

- Telehealth: $42
- Office Visit: $157
- Urgent Care: $198
- Emergency Room: $1,811

• Based on data from 2019
• Telehealth based on services received through Amwell or MDLIVE