

PERSONAL GUIDANCE MAKES IT EASY

Helping you save and stay healthy



Now it's easier for you to take control of your health and health spending.

Cigna One Guide service can help you make smarter, informed choices and get the most from your plan. It's our highest level of support that combines the ease of a powerful app with the personal touch of live service. One Guide personal support, tools and reminders can help you stay healthy and save money.

Your One Guide team is a click away to help you:

Understand your plan

- › Know your coverage and how it works
- › Get answers to all your health care or plan questions

Get care

- › Find an in-network doctor, lab or urgent care center
- › Connect to health coaches, pharmacists and more
- › Stay on track with appointments and preventive care
- › Take advantage of dedicated one-on-one support for complex health situations

Save and earn

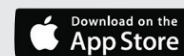
- › Maximize your benefits and earn incentives (if provided by your employer)
- › Get cost estimates and service comparisons to avoid surprises



Start using Cigna One Guide today - by app, chat or phone.

Download the myCignaSM app* or call

to talk with your personal guide.



Together, all the way.®



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