Your Coverage Checklist Plan Year 2022 - 2023

- Review your Benefit Summary and Welcome Packet
  - Know your benefits before you use them
- Find your virtual ID card on the myCigna app
- Locate Cigna Tier 1, Preferred Providers and select a Primary Care doctor
  - Click on “Find a Doctor” at myCigna
  - For high quality providers with a lower copay, look for the Tier 1 note as you search
- Pre-register for convenient Telehealth on myCigna.com
  - Phone or chat doctor visits
  - MDLive for medical
  - Behavioral health (under Specialty in the Behavioral Directory link)
- Know your options for care when you need it – and choose the most appropriate
  - Nurseline — Can help determine appropriate place to seek care
  - Virtual Care – Office visits from the convenience of your computer or phone
  - Telehealth MDLive— Convenient and inexpensive for behavioral health and 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
- Get your Preventive Care
  - Routine care is free from a 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

<table>
<thead>
<tr>
<th>Service</th>
<th>Average Cost Per Visit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telehealth</td>
<td>$55</td>
</tr>
<tr>
<td>Office Visit</td>
<td>$161</td>
</tr>
<tr>
<td>Urgent Care</td>
<td>$172</td>
</tr>
<tr>
<td>Emergency Room</td>
<td>$2,061</td>
</tr>
</tbody>
</table>

- Based on data from 2021
- Telehealth based on regular medical services received through MDLIVE