

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

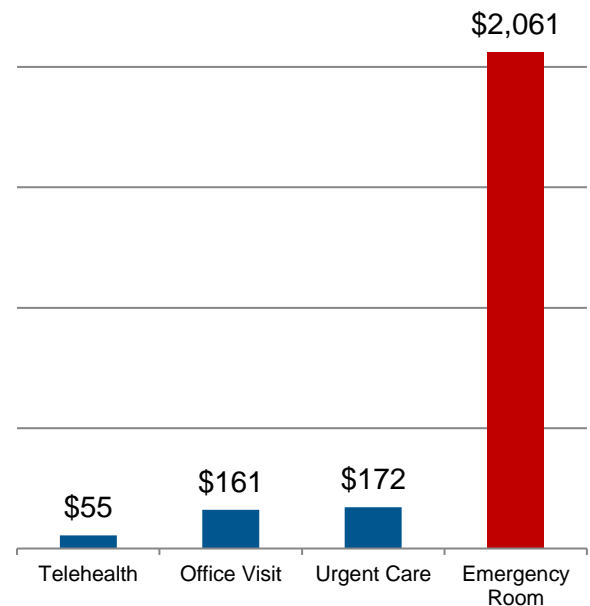
- Routine care is free from a Preferred Provider

✓ 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



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