

# Your Coverage Checklist Plan Year 2020 - 2021




## ✓ 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

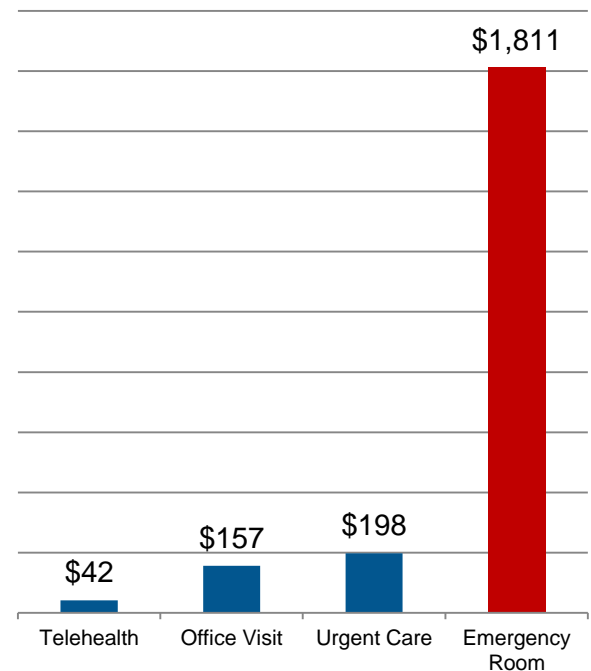
- Routine care free with Preferred Provider

## ✓ 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



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