

Your Coverage Checklist Plan Year 2026 - 2027



✓ Review your Benefit Summary and Welcome Packet

- Know your benefits before you use them

✓ Find your virtual ID card on the myCigna app

✓ Find a Garner Recommended Provider and select a Primary Care doctor

- Search for top-rated doctors near you in the **Garner Health app**
- Add the top-rated doctors to your **Garner Care Team** in the Garner app
- See a Garner Recommended Provider and your Garner HRA pays your first **\$1,000** of eligible medical expenses

✓ 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

✓ Questions? Call Cigna at the number on your ID card

Get started with the Cigna app!

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

New this year: Garner!

Garner is a **free benefit** that helps you find top-rated doctors near you -and reimburses you up to \$1,000 for seeing them

- ✓ **Find** - search doctors in the Garner Health app
- ✓ **Save** - your Garner HRA pays your first **\$1,000** of eligible medical expenses when you see a Garner Recommended Provider
- ✓ **Download** - get the app at garner.guide/oe-signup
- ✓ **Questions?** Garner Concierge (866) 761-9586 or concierge@getgarner.com
- ✓ **Benefit Guide** Visit the TCN Garner Guide at garnerguide.com/the-corps-network