

CLICK WITH A SITE THAT CLICKS WITH YOU

myCigna.com

We've made myCigna.com all about you

Log in and you'll find the information you need to manage your health, including powerful tools, information and resources to help you make informed health care decisions. The site is designed to make it easier to quickly find exactly what you're looking for and it's compatible with your mobile device – so you can find whatever you need, whenever you need it.

Get started

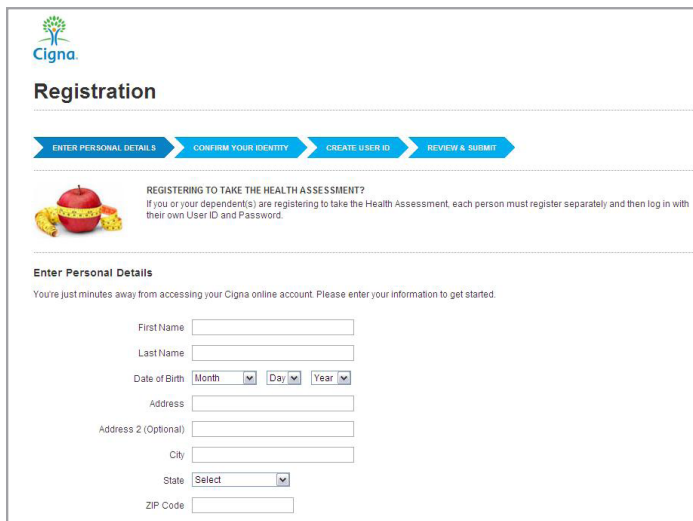
Go to **myCigna.com**. The first time you visit, you will be directed through a simple registration process. Once you've registered, keep your User ID and password in a safe place and bookmark **myCigna.com** for future use.

When you log in to **myCigna.com**, everything you need to manage your health is just a few clicks away.

Get informed

Now you're ready to take advantage of **myCigna.com** and its many health-related features. As soon as you're on **myCigna.com**, you'll see it's all about you. You can easily find a doctor in your network, and access tools and resources to improve your health and wellness.

The first time you visit myCigna.com, you'll be directed through a simple registration process.



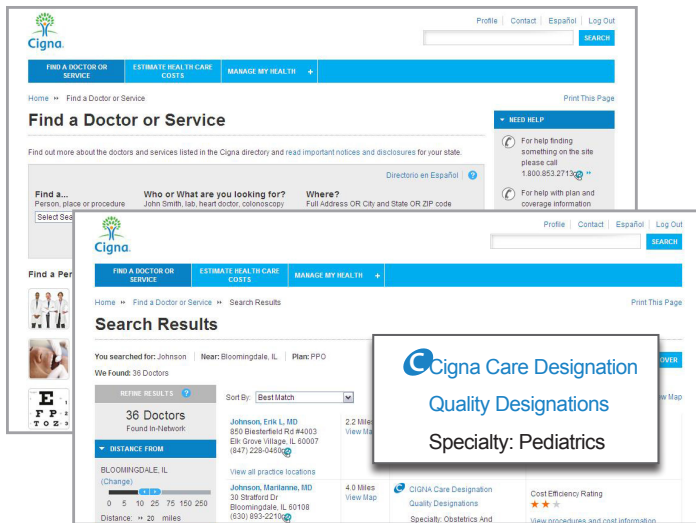
The screenshot shows the registration page on myCigna.com. At the top left is the Cigna logo. Below it is the heading "Registration". A progress bar indicates four steps: "ENTER PERSONAL DETAILS" (current step), "CONFIRM YOUR IDENTITY", "CREATE USER ID", and "REVIEW & SUBMIT". Below the progress bar is a section titled "REGISTERING TO TAKE THE HEALTH ASSESSMENT?" with a small image of a red apple and a yellow ribbon. The text explains that users or dependents registering for a Health Assessment must do so separately and log in with their own User ID and Password. The main section is "Enter Personal Details" with the instruction: "You're just minutes away from accessing your Cigna online account. Please enter your information to get started." The form includes input fields for First Name, Last Name, Date of Birth (with dropdowns for Month, Day, and Year), Address, Address 2 (Optional), City, State (with a "Select" dropdown), and ZIP Code.

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company.

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Find a health care professional

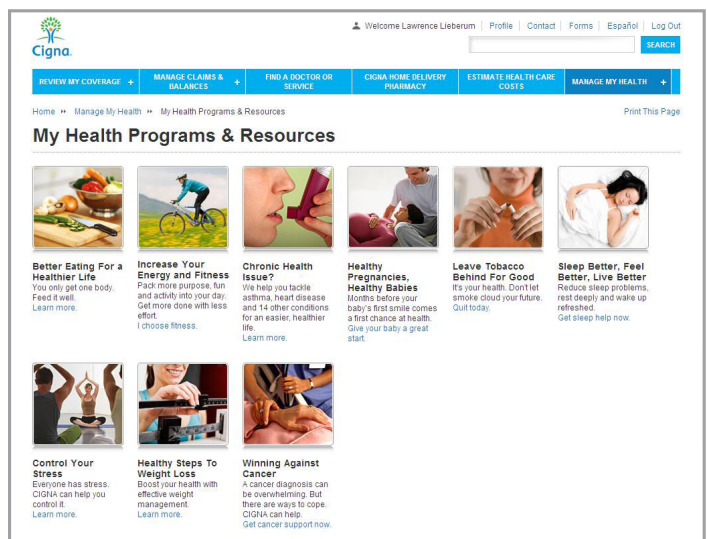
Search for your doctor by name or search our network for a specific type of doctor or medical facility. You can filter your results by distance, cost efficiency, specialty and more – even by whether they are accepting new patients. You can also email a copy of your search results.

Be sure to look for the Cigna Care Designation symbol – which identifies doctors who have met certain Cigna quality and cost-efficiency measures.*

Use your tools

When you have more information, you'll feel better about your health and your health spending. That's why we have tools and resources to help you estimate and compare costs and improve your health and wellness.

- **Medical cost estimator** – compare estimated costs for various procedures based on Cigna's historical cost data.
- **Manage your health** – the “Manage My Health” section includes a wealth of tools and information to help you get healthy and stay healthy. You'll find articles, support groups and other resources on a variety of topics, including blood pressure, cholesterol, tobacco cessation, weight management, stress and more.



You'll find helpful resources on a variety of health-related topics under your “Manage My Health” section.



It's your health. And myCigna.com is your site.



*Quality designations and cost-efficiency ratings reflect a partial assessment of quality and should not be the sole basis for decision-making (as such measures have a risk of error). They are not a guarantee of the quality of care that will be provided to individual patients. Individuals are encouraged to consider all relevant factors and consult with their physician when selecting a health care professional or facility for care. Health care professionals and facilities that participate in the Cigna network are independent contractors solely responsible for the treatment provided to their patients. They are not agents of Cigna.

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