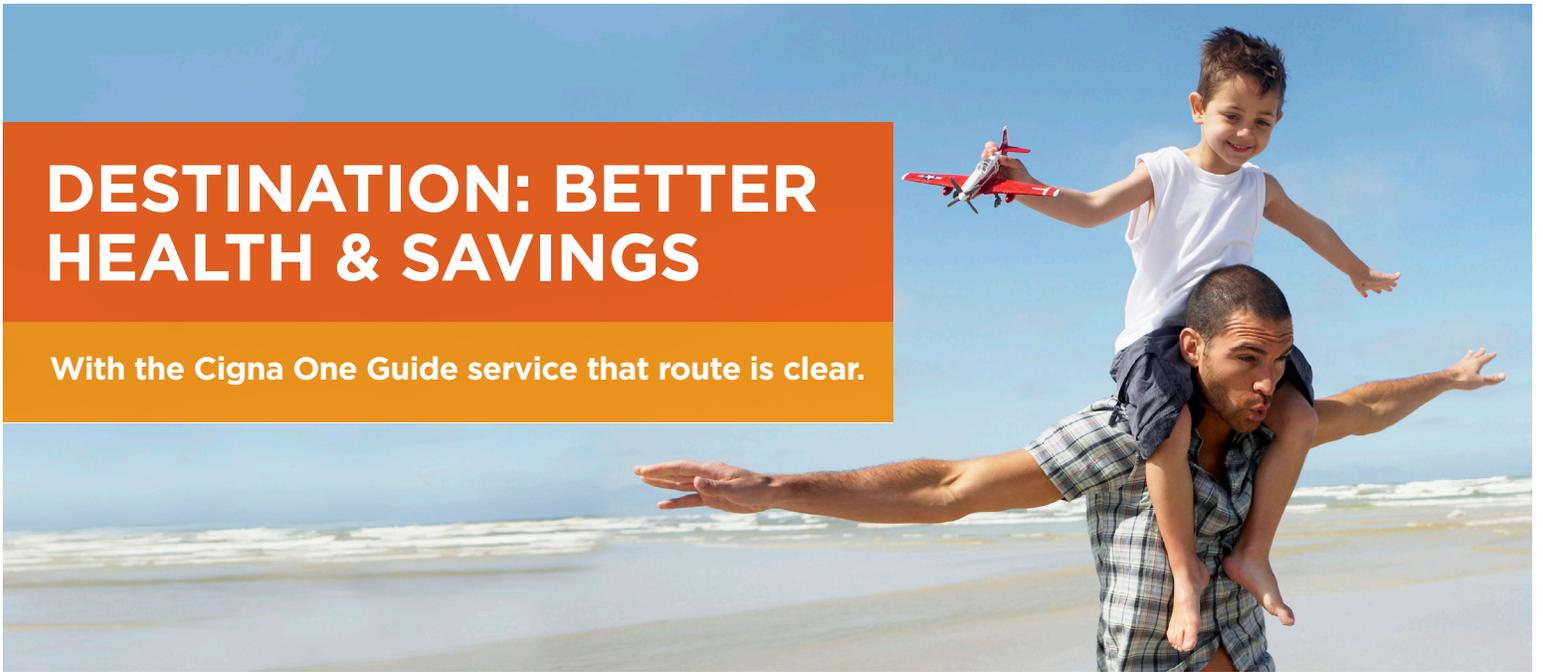


DESTINATION: BETTER HEALTH & SAVINGS

With the Cigna One Guide service that route is clear.



At Cigna, we understand that navigating your health care isn't always easy. And we're here to help with Cigna One Guidesm, a highly personalized support system designed to make it easy to get the most out of your health care benefits.

Whether it's a conversation over the phone with a personal guide or via the exclusive Cigna One Guide version of the myCigna mobile app, the Cigna One Guide service provides clear, personalized guidance whenever you need it – and even when you may not realize you do.

Here's how:

- **Start your plan year off on the right foot** with clear information about how your coverage works, right at your fingertips.
- **Make decisions about your care with confidence**, using simple search tools and easy-to-understand educational materials that are fully tailored based on your plan.
- **Stay motivated to stay on top of your health** with friendly, proactive reminders sent to you through the mobile app.
- **Maximize savings opportunities** through the app, as well as via phone or click to chat on the app. Your personal guide will connect you to the right resources based on your plan, and explain any wellness or incentive programs your employer may offer.
- **Easily keep track of the doctors, and facilities you prefer to visit**, simply by adding them to your My Health Team list in the myCigna mobile app. Important information like phone numbers and addresses are right at your fingertips, all in one place.
- **Take comfort in knowing personalized, expert guidance is just a call or click away.** Whether you have specific questions or you're not really sure where to begin, your personal guide can make proactive recommendations and is dedicated to getting you answers the first time – every time.



Start using Cigna One Guide today.

› Download the myCigna mobile app* or call

to speak to your personal guide.



Together, all the way.®



Offered by: Cigna Health and Life Insurance Company or Connecticut General Life Insurance Company.



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*The download and use of the myCigna mobile app is subject to the terms and conditions of the app and the online stores from which it is downloaded. Standard mobile phone carrier and data charges apply.

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