

# FINALLY PRIMARY CARE WITHOUT THE WAIT — OR THE WAITING ROOM

With virtual primary care,<sup>1</sup> it's easier to get on the path to better health.



Between your responsibilities at work and in your day-to-day life, you stay busy. And, while you may plan to maintain or even improve your health, it's not always easy to make time for routine and preventive care. After all, doctors' appointments traditionally involve time and travel — and that usually means taking time off of work.

**Virtual primary care through MDLIVE.<sup>®</sup>** This convenient new option makes it easy to connect to a board-certified primary care physician (PCP) for routine care, plus preventive care with a virtual wellness screening — all on a schedule that works for you.

Best of all, virtual primary care is available to you and your eligible dependents<sup>1</sup> as part of your health benefits.



## Routine and preventive care that works for you — and with you.

- Connect to care from just about anywhere via video or phone
- Get virtual primary care 7 days a week, 365 days a year, including flexible hours
- Access board-certified physicians for routine care, as well as preventive care with a wellness screening
- Choose your provider and build a relationship with the same PCP for follow-ups
- Receive prescriptions, if appropriate, that can be sent to a local or home delivery pharmacy
- Schedule an appointment through [myCigna.com](https://myCigna.com) in just minutes
- Undergo labs, blood work and biometrics at local facilities<sup>2</sup>
- Receive referrals to specialists, when appropriate

### 3 easy steps to connect to care

Virtual primary care visits are quick, easy and affordable. To schedule an appointment:



Access MDLIVE by logging into [myCigna.com](https://myCigna.com) and click on "Talk to a doctor." You can also call MDLIVE at 888.726.3171.



Select virtual medical care



Make an appointment whenever it's convenient



Appointments are available via video or phone, whenever it's most convenient for you. Wellness screenings are also available at no additional cost to you or your eligible dependents ages 18+, as part of preventive care.<sup>3</sup>



Visit [myCigna.com](https://myCigna.com) to make an appointment for virtual primary care.

**Together, all the way.®**



1. Cigna provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. Refer to plan documents for complete description of virtual care services and costs. Virtual primary care through MDLIVE is only available for Cigna medical members aged 18 and older.
2. Limited to LabCorp and Quest labs contracted with MDLIVE for virtual primary care.
3. For customers who have a non-zero preventive care benefit, MDLIVE virtual wellness screenings will not cost \$0 and will follow their preventive benefit.

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