



## WHEN LEAVING THE HOUSE IS EASIER SAID THAN DONE.

Get care whenever and wherever with virtual medical care.\*

### Life is demanding.

It's hard to find time to take care of yourself and your family members as it is, never mind when one of you isn't feeling well. That's why your health plan includes access to virtual medical care.

Whether it's late at night and your doctor isn't available or you just don't have the time or energy to leave the house, you can:

- › Get care via video or phone, 24/7/365 – even on weekends and holidays.
- › Connect with quality board-certified doctors and pediatricians.
- › Have a prescription sent directly to your local pharmacy, if appropriate.

**Convenient? Yes.  
Costly? No.**

Virtual care for minor medical conditions costs less than ER or urgent care visits, and maybe even less than an in-office primary care provider visit.

**Together, all the way.®**



Offered by: Cigna Health and Life Insurance Company or its affiliates.

## Board-certified doctors and pediatricians can diagnose, treat and prescribe most medications for minor medical conditions, such as:

- › Acne
- › Allergies
- › Asthma
- › Bronchitis
- › Cold and flu
- › Constipation
- › Diarrhea
- › Earaches
- › Fever
- › Headaches
- › Infections
- › Insect bites
- › Joint aches
- › Nausea
- › Pink eye
- › Rashes
- › Respiratory infections
- › Shingles
- › Sinus infections
- › Skin infections
- › Sore throats
- › Urinary tract infections



### Connect with virtual care your way.

- › Contact your in-network provider
- › Talk to an MDLIVE medical provider on demand on **myCigna.com**
- › Schedule an appointment with an MDLIVE provider on **myCigna.com**
- › Call MDLIVE 24/7 at 888.726.3171



**Contact your Cigna in-network provider for a virtual visit, or visit [myCigna.com](https://myCigna.com), and click on the “Talk to a doctor” callout.**



\* Cigna provides access to virtual care through participating in-network providers. Not all providers have virtual capabilities. Cigna also 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. All health care providers are solely responsible for the treatment provided to their patients; providers are not agents of Cigna. Refer to plan documents for complete description of virtual care services and costs.

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