



### The health information line is here for you 24/7

It can be a fever in the middle of the night or a question about a popular medication. Whether you're looking for general information or have a specific health concern, the health information line is open 24 hours a day, seven days a week.

Dial **800.Cigna24** and you'll be connected with a nurse who is ready to help answer your health questions.

### And there's more

You can also listen to hundreds of podcasts in English and Spanish on almost any health topic to be better informed about your health.

To listen:

- Select a topic and listen via live stream. Visit **myCigna.com** for more information.
- Call the health information line, follow the voice prompts, enter a code for the audio library and you'll be listening in seconds.



For more information, visit **myCigna.com** or call **800.Cigna24**



