

What to expect at your virtual wellness screening.

Choose what's convenient for you, and your schedule.



Here's how virtual wellness screenings work, step-by-step¹.

1

Take Your Health Assessment Go to myCigna.com[®] to complete a brief MDLIVE[®] health assessment.

2

Schedule a Lab Appointment Choose a local in-network lab and schedule a lab appointment at your convenience.

3

Schedule a Wellness Screening Choose an MDLIVE provider and schedule your virtual visit at least 3 days after your lab appointment.

4

Attend Your Lab Appointment Your lab appointment will include bloodwork and biometric screenings (vitals).²

5

Join Your Wellness Screening Attend your virtual visit with your provider from anywhere via video or phone to discuss your results.



Virtual wellness screenings and the associated labs for your visit are covered at no additional cost to you, as part of your preventive care benefits through your health plan.⁴

After your wellness screening, you can continue appointments with the same provider to manage any ongoing conditions, such as hypertension or high cholesterol. Or, come back again next year for your next annual wellness screening.



To get started, go to myCigna.com or myCigna app, and click on the "Talk to a doctor" button.

1. Must be 18 years of age or older. Cigna HealthcareSM 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 all services may not be available in all areas; subject to state regulations. 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.

2. Biometric screening experience may vary by lab.

3. Limited to labs contracted with MDLIVE for virtual wellness screenings.

4. Appointments are required. For customers who have a non-zero preventive care benefit, MDLIVE virtual wellness screenings will not cost \$0 and will follow their preventive benefit. Not applicable to exempt plans with cost share. See your plan documents for details.

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