

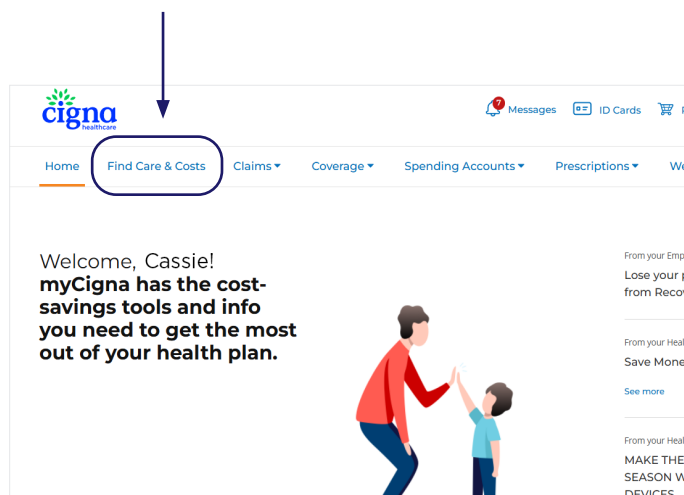
Get virtual care from Visana in a few clicks.

Use the myCigna provider search tool.

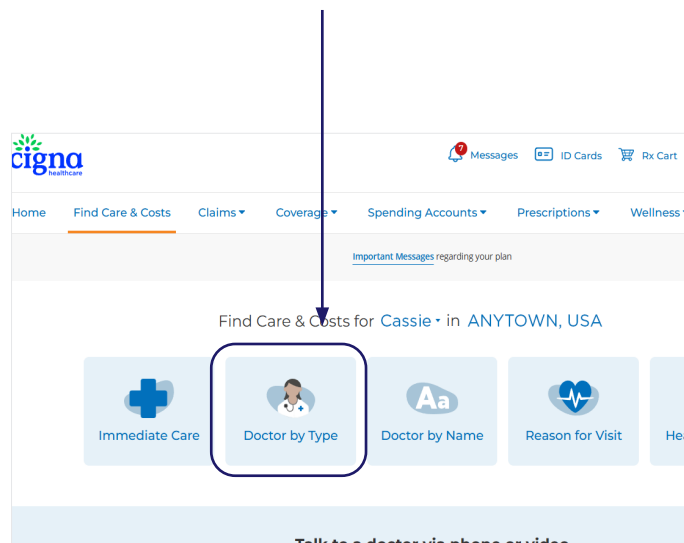
Your life is busy, but your health and well-being is important. Skip the doctor's office — and use Visana, a virtual women's health clinic in your plan's network. Their team of women's health doctors, nurse practitioners and health coaches will help you better understand your body and get answers to your medical questions.¹ It's easy to make an appointment.

1. Log in to the myCigna® App² or myCigna.com®.

- Click on **Find Care & Costs** at the top of the page.

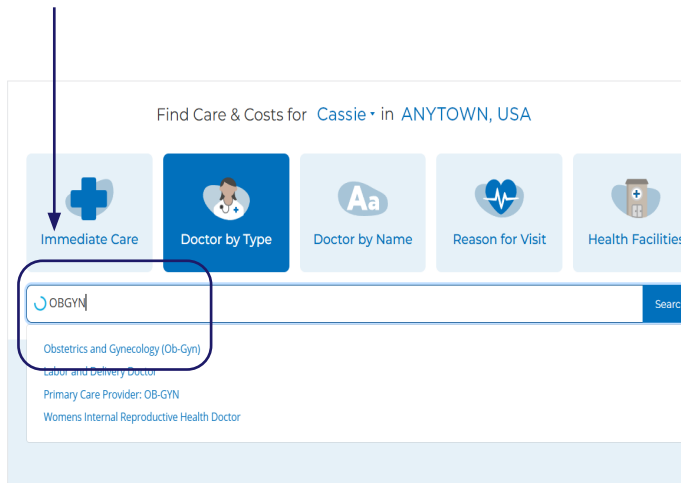


2. On the Find Care & Costs page, choose **Doctor by Type.**



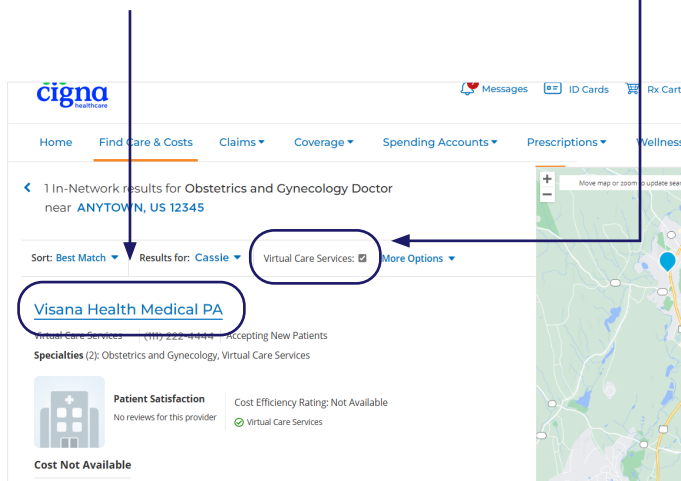
3. Type in "OBGYN" or choose **Obstetrics and Gynecology (Ob-Gyn)** from the dropdown list.

- Click the **Search** button.



4. You'll see a list of providers closest to your zip code.

- Check the box next to **Virtual Care Services**.
- Click on **Visana Health Medical PA** to learn more about their services.



You can also make an appointment at visanahealth.com/cigna or by scanning the QR code below.³

Visana's virtual clinic is open
Monday-Friday, 8:00 am-9:00 pm ET
and Saturday 8:00 am-2:00 pm ET



1. Standard copays or coinsurance will apply.

2. App/online store terms and mobile phone carrier/data charges apply. Customers under age 13 (and/or their parent/ guardian) will not be able to register at myCigna.com.

3. Cigna Healthcare does not endorse or guarantee the accuracy of any third-party content and is not responsible for it. You agree to use third party content at your own risk.

Cigna Healthcare 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.

Includes eligible in-network preventive care services. Some preventive care services may not be covered, including most immunizations for travel. Reference plan documents for a list of covered and non-covered preventive care service.

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