



# CHOOSE A PLAN WITH CONFIDENCE

**Cigna One Guide service can help.**

At Cigna, we understand how confusing and overwhelming it can be to review your health plan options. And we want to help by providing the resources you need to make a decision with confidence. That's why **Cigna One Guide<sup>SM</sup> is available to you now - whether you're a current Cigna customer or considering Cigna for the first time.**

Call a Cigna One Guide representative during preenrollment to get personalized, useful guidance.

Your personal guide will help you:

- › Easily understand the basics of health coverage
- › Identify the types of health plans available to you that best meet the needs of you and your family
- › Check if your doctors are in-network to help you avoid unnecessary costs
- › Get answers on any other questions you may have about the plans or provider networks available to you

The best part is, during the enrollment period, your personal guide is just a call away. Should you forget to ask something and need to call back, simply ask for your guide by name and we'll reconnect you, so you can pick up where you left off.\*

**Don't wait until the last minute.**

**Call 888.806.5042 to speak with a One Guide representative today.**

## After enrollment, the support continues for Cigna customers.

When you enroll with Cigna, your One Guide representative will be there to guide you through the complexities and unclear jargon of the health care system, and help you avoid costly missteps. The goal is a simpler health care journey for you and your family.

## Cigna's One Guide service provides personalized assistance to help you:

- › Resolve health care issues
- › Save time and money
- › Get the most out of your plan
- › Find the right hospitals, dentists and other health care providers in your plan's network
- › Get cost estimates
- › Understand your bills
- › Navigate the health care system

## Get it all in the way that's most convenient for you.

- › Call
- › Access the Cigna One Guide support tool by downloading the myCigna App\*\*

**Together, all the way.®**



**Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.**

\* Subject to representative availability. \*\* The download and use of the myCigna mobile app is subject to the terms and conditions of the app and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and complete details of coverage, see your plan documents.

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