

MAKE HEALTHY CONNECTIONS



Improving the quality of care you receive. Lowering your health care costs. Increasing your satisfaction with your overall health care experience. With Cigna Collaborative Care, we're making the connections you and your doctors need to help achieve these goals.

Care focused on you

Cigna Collaborative Care is an approach to care that helps doctors deliver the right care for the right value. It gives them more information, insight and support to help make sure you get the care, tests and services you need. It's a win-win!

A team approach

When you visit a doctor who participates in the Cigna Collaborative Care program, you get access to a team of health care experts focused on you. Whether you go to them for an annual check-up, chronic condition, illness or injury, they are dedicated to providing quality, cost-effective care that meets your needs. They will:

- **Get to know you.** You'll be more than a name on a chart. They will listen, answer your questions and help you understand your health.
- **Coordinate your care.** In addition to providing care, they'll help you get the right care by referring you to specialists and hospitals based on your specific needs.
- **Help you get the most value from your health benefits.** Your health plan may include helpful wellness services and coaching programs. They'll connect you to the resources that can help make your health even better.
- **Find ways to save you time and money.** This includes helping you find other convenient in-network locations for you to get quality, cost-effective care, lab tests or other services that you may need.

Find a Collaborative Care doctor

1. Visit **Cigna.com** and click on Find a Doctor.
2. Under Additional Directories/Medical, click on Cigna Collaborative Care Listing.
3. Click Find a Doctor to go to the search tool.

OR

1. Visit **myCigna.com** and click on Find a Doctor, Dentist or Facility.
2. Go to Related Directories on the right-hand side.
3. Click on Cigna Collaborative Care Listing.
4. Follow step 3 above.

Be sure to check that the provider is in your plan's network before getting care. You may only have access to in-network benefits from a specific network of providers.

Together, all the way.®



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The providers and facilities that participate in the Cigna network are independent contractors solely responsible for the treatment provided to their patients. They are not agents of Cigna. 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 details of coverage, see your plan documents.

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