



Offered by Cigna Health and Life Insurance Company or its affiliates.



GET QUALITY CARE, WHENEVER AND WHEREVER.

Medical and behavioral/mental health virtual care make it easy.

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Whether your doctor or therapist isn't available, or you just can't find the time or energy to leave the house, quality care is available to you and your family via video or phone.

With virtual care, you can:

- **Get medical virtual care 24/7/365** – even on weekends and holidays.
- **Schedule a behavioral/mental health virtual care appointment** online in minutes.
- **Get a preventive virtual wellness screening** at no cost to you.*
- **Connect with quality board-certified doctors and pediatricians, as well as licensed counselors and psychiatrists.**
- **Have a prescription sent directly to your local pharmacy**, if appropriate.
- **Save money.** Medical virtual care for minor conditions costs less than ER or urgent care center visits, and maybe even less than an in-office primary care provider visit.

Connect with a doctor or therapist at your convenience.

LEARN MORE



Together, all the way.®

*Not applicable to grandfathered/exempt plans with cost share. See your plan documents for details.

Cigna provides access to virtual care through national telehealth providers as part of your plan. Providers are solely responsible for any treatment provided to their patients. Video chat may not be available in all areas or with all providers. This service is separate from your health plan's network and may not be available in all areas or under all plan types. A Primary Care Provider referral is not required for this service.

In general, to be covered by your plan, services must be medically necessary and used for the diagnosis or treatment of a covered condition. Not all prescription drugs are covered. 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. See your plan materials for costs and details of coverage, including other telehealth/telemedicine benefits that may be available under your specific health plan.

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