# SO MANY WAYS TO HELP MANAGE YOUR HEALTH

## Get to know the full value of myCigna.

**Now it's easier than ever to manage your health and make the most of your health plan on the myCigna®** **website and app.*** From programs that help improve your health to tools that help manage your health spending, there's so much you can do.

**Find in-network doctors, hospitals and medical services**

**See cost estimates for medical procedures**

**Compare quality of care information, including patient reviews from Cigna customers**

**Manage and track claims**
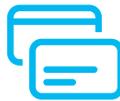
**View, print and send ID cards**

**Use the click-to-chat feature to connect with a live Cigna rep**

**Feel better protected** Cigna is as committed to helping protect your health information as we are to protecting your health and well-being. That's why we take certain steps to enhance the security of your personal health information on myCigna.

**Visit myCigna today. Not registered yet? Start here.****

Download the **myCigna App for your mobile device.**
Disponible en Español.

Scan the QR code with your phone, and make sure to have your ID card handy; you'll need it to register.**

**Together, all the way.®**

**Cigna**

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

* Actual myCigna features may vary depending on your plan and customer profile.
**Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.

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