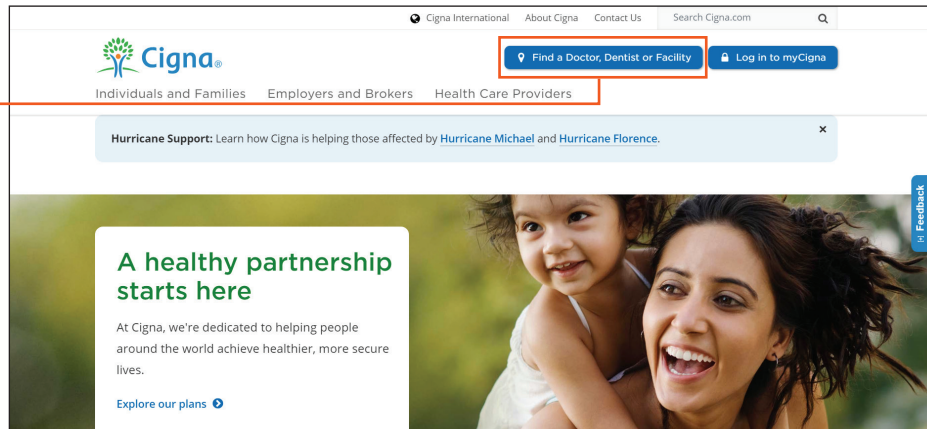


FIND A HEALTH CARE PROVIDER IN JUST A FEW CLICKS

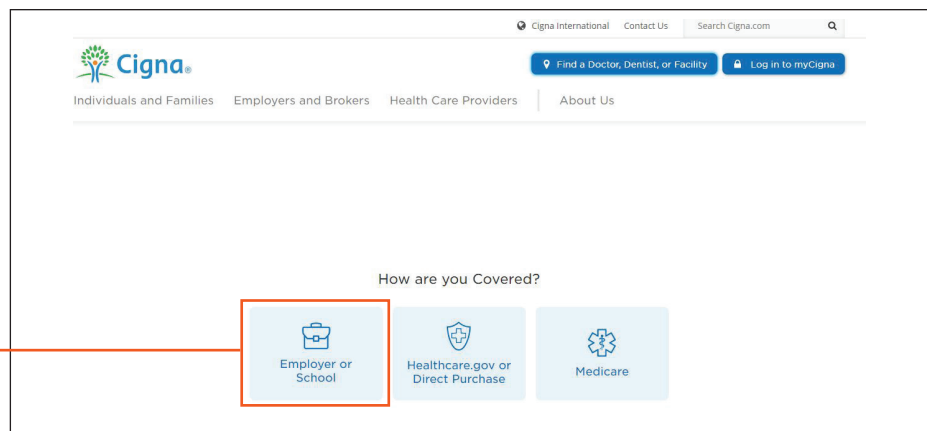
It's easy on Cigna.com

With a growing nationwide PPO network* of quality health care professionals, Cigna offers you a range of choices to help you stay healthy. Finding a provider on **Cigna.com** is simple.

1. Go to **Cigna.com** and click “Find a Doctor, Dentist or Facility.”



2. On the “How are you Covered?” page, select “Employer or School”



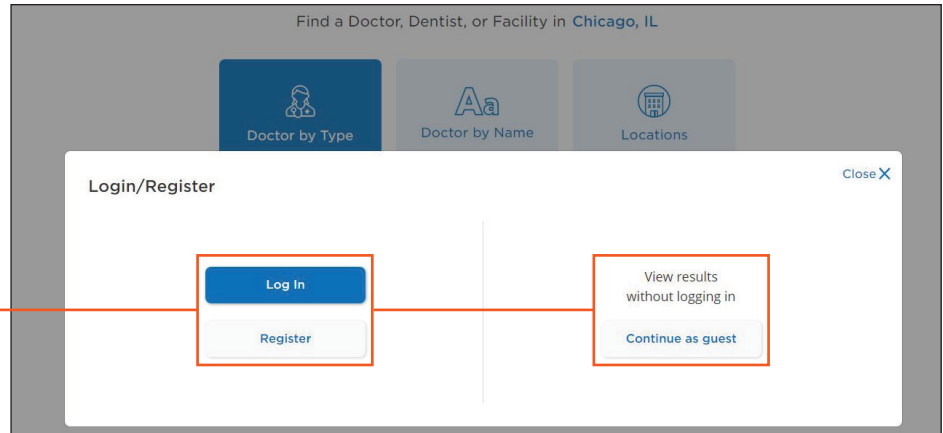
If you're looking for a mental health or substance abuse professional, visit **CignaBehavioral.com**. On the landing page, select “Provider Directory” and then scroll down on the “Find a Therapist/Psychiatrist” page to fill in your search criteria.



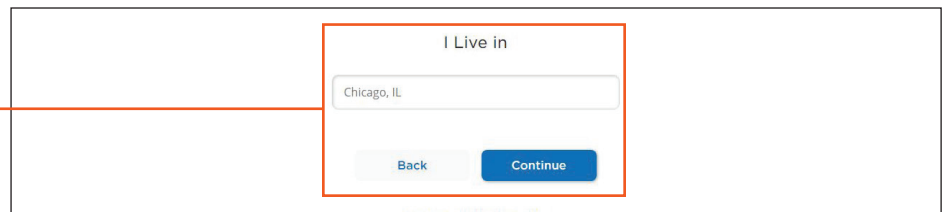
3. Select from among the “Doctor by Type,” “Doctor by Name,” or “Locations” fields.



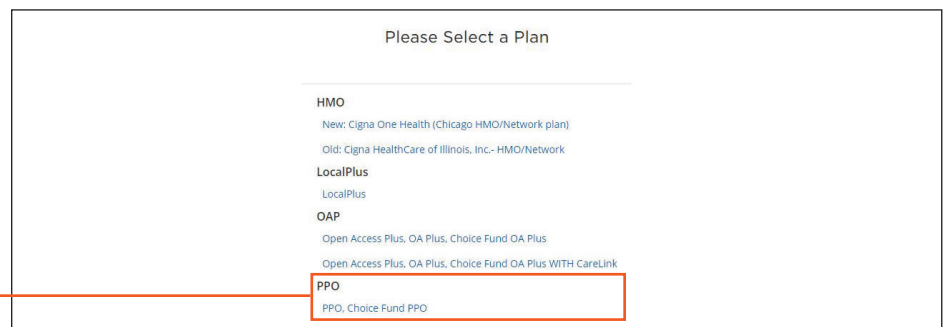
4. Members will then be prompted to either Login/Register for myCigna.com, or “Continue as guest.”



5. Fill in the “I Live in” field and click “Continue.”



6. Under “Please Select a Plan,” select “PPO, Choice Fund PPO.”



Questions?

Call the toll-free number on the back of your ID card.



* “Cigna PPO Network” refers to the health care providers (doctors, hospitals, specialists) contracted as part of the Cigna PPO Network for Shared Administration.

Quality designations, cost-efficiency and other ratings reflect a partial assessment of quality and cost-efficiency and should not be the sole basis for decision-making. They are not a guarantee of the quality of care that will be provided to individual patients. You are encouraged to consider all relevant factors and consult with your physician when selecting a health care professional or facility. Health care professionals and facilities that participate in the Cigna network are independent contractors solely responsible for the care and services provided to their patients. They are not agents of Cigna.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company and Cigna Behavioral Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

923855 b 09/19 © 2019 Cigna. Some content provided under license.