



THE CARE YOU NEED - WHEN, WHERE AND HOW YOU NEED IT.

Cigna Telehealth Connection.



Choice is good. More choice is even better.

Cigna provides access to telehealth services as part of your **NALC Consumer Driven Health Plan** or **Value Option Plan - MDLIVE**.

Cigna Telehealth Connection lets you get the care you need - including most prescriptions (when appropriate) - for a wide range of minor conditions. Now you can connect with a board-certified doctor via video chat or phone, without leaving your home or office. When, where and how it works best for you!

Choose when: Day or night, weekdays, weekends and holidays.

Choose where: Home, work or on the go.

Choose how: Phone or video chat.

Choose who: MDLIVE doctors.

Say it's the middle of the night and your child is sick. Or you're at work and not feeling well. If you preregister on MDLIVE, you can speak with a doctor for help with:

- › Sore throats
- › Headaches
- › Stomachaches
- › Fevers
- › Colds and flu
- › Allergies
- › Rashes
- › Acne
- › Shingles
- › Bronchitis
- › Urinary tract infections, and more

The cost savings are clear.

Televisits with MDLIVE can be a cost-effective alternative to a convenience care clinic or urgent care center, and cost less than going to the emergency room. And the cost of a phone or online visit is the same or less than with your primary care provider. Remember, your telehealth services are only available for minor, non-life-threatening conditions. In an emergency, dial 911 or go to the nearest hospital.

Together, all the way.®



MDLIVE is only available for medical visits. For covered services related to mental health and substance use disorder, you have access to the **Cigna Behavioral Health** network of providers.

- › Go to **myCigna.com** to search for a behavioral health provider. Once logged in, go to "Find Care & Cost" and then "Doctor by Type" and then type in "Telehealth Behavioral Health Counselor"
- › Call to make an appointment with your selected provider



Choose with confidence.

MDLIVE is a quality national telehealth provider, so you can choose your care confidently. When you can't get to your doctor, Cigna Telehealth Connection is here for you.

MDLIVEforCigna.com*

888.726.3171

MDLIVE[®] for Cigna[®]

Signing up is easy!



Connect to MDLIVE through **myCigna.com**. No separate login needed.



Complete a medical history using their virtual clipboard.



Download the myCigna[®] App and you'll be able to access MDLIVE on your smartphone/mobile device.**



On the go? Register for the myCigna App today and you'll be able to access MDLIVE through the app.



* Availability may vary by location and plan type and is subject to change. See vendor sites for details.

** The downloading and use of any mobile app is subject to the terms and conditions of the mobile app and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

Medical telehealth services and websites are provided exclusively by MDLIVE and not by Cigna. Providers are solely responsible for any treatment provided. Not all providers have video chat capabilities. Video chat is not available in all areas. MDLIVE services are separate from your health plan's provider network. Telehealth services may not be available to all plan types. A primary care provider referral is not required for MDLIVE services.

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. 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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