



NO JOURNEY IS TOO FAR TO KEEP THEM COVERED

While you're on assignment, we're here for you
24 hours a day, seven days a week.

Traveling internationally on assignment is an exciting opportunity but can come with some uncertainty, especially when family is staying behind in the United States. That is why we've created the following services and programs.

Here are some of the services you and your eligible family members can benefit from.

Are you expecting?

We know preparing for a baby takes a lot of planning. As a Cigna customer, you have a number of resources to assist you. From prenatal care, through post-delivery, Cigna is here to support you every step of the way during this very special time. By visiting **CignaEnvoy.com**, you can have access to following resources.

- › Assistance finding a health care professional or facility
- › Multilingual customer service available 24 hours a day, seven days a week
- › Prenatal and post-delivery support
- › Online pregnancy education, tools and resources

One phone call connects you

If you have any questions, please call our global service center at 800.441.2668 or 302.797.3100.

Case management

If you or an eligible family member experience a complex medical situation in the United States, Cigna's case management is here to help you. Our case managers work closely with the patient, family and health care

professionals to coordinate access to care, explore service alternatives, monitor progress and assist with discharge and follow-up. All you need to do is call the number on the back of your Cigna ID card, and we will connect you with a case manager to assist with your, or your eligible family member's, needs.

Healthy Rewards

You and your eligible family members have access to Cigna's customer discount program called Healthy Rewards** via Cigna Envoy®. With Healthy Rewards, Cigna rewards you for seeking tools, programs, and services that will help you stay healthy, while saving you money whenever you go to a Healthy Rewards participating health care professional. The Healthy Rewards program gives you and your eligible family members access to a range of health and wellness products and services.

Cigna Global Health Benefits®



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

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Programs include:

- › Weight Watchers®
- › Jenny Craig®
- › QuitNet® and Tobacco Solutions™ smoking cessation programs
- › Laser vision correction
- › Magazine discounts
- › And much more

Online interactive Smart Health Tools are also available to all registered users of Cigna Envoy. The tools offer user-friendly personal calculators designed to assist you with identifying health issues, learning what follow-up actions you can take to address those issues, and finding resources to learn more about potential health concerns. These tools are grouped into three categories: Health and Fitness, Lifestyle Check-up Tools, and Pregnancy. There are 18 topics which focus on conditions such as heart disease, osteoporosis, depression, smoking, stress and obesity.

Your employer may have chosen to provide you with additional services. For details, please refer to the documents provided by your employer.

*Some Healthy Rewards programs are not available in all states. If your Cigna plan includes coverage for any of these services, this program is in addition to, not instead of, your plan coverage. A discount program is NOT insurance, and you must pay the entire discounted charge.

Those services may include:

International Employee Assistance Program

As part of Cigna's wellness solutions, we offer an International Employee Assistance Program (IEAP). This program provides access to culturally relevant counseling, educational information, and qualified referrals to support a healthy balance of work and life.

To learn more, please refer to the IEAP brochure included in this kit.

Cigna Home Delivery PharmacySM

If you are located in the United States you can take advantage of Cigna pharmacy options, including access to Cigna's network of more than 62,000 participating pharmacies in the United States and its territories. These pharmacies offer both brand and generic prescription medications. You can receive discounts by using your Cigna identification card at these pharmacies. Please refer to your policy booklet/certificate or summary plan description for a complete list of benefits.

Cigna Home Delivery PharmacySM delivers prescriptions to U.S. addresses only.



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