

TALK TO A DOCTOR ANYTIME, FROM ANYWHERE.

Now global telehealth* is available
through your Cigna Wellbeing™ app.

When you don't feel well, you want to get better fast. There are times when a visit to a doctor's office is difficult to manage. But now you can have convenient access to quality health care through global telehealth, a new service available with the Cigna Wellbeing app.

Telehealth gives you access to licensed doctors around the world - by phone or video - for non-emergency health issues. Simply arrange a telephone or video consultation from your Cigna Wellbeing app. Appointments are often scheduled for the same day.

What can I use global telehealth for?

- **Video or phone consultations** with a licensed doctor
- **A diagnosis** for non-emergency health issues ranging from acute conditions to complex chronic conditions
- **Non-emergency pediatric care**
- **Prescriptions** for common health concerns, when medically necessary
- **Treating medical conditions** like fever, rash, pain and more
- **Making preparations** for an upcoming consultation
- **Discussing** a medication plan and potential side effects



Cigna Wellbeing app

Taking care of yourself is easier than ever. Wherever you are, you'll have access to services and support to help you with every dimension of your health.

Download it today!



How does it work?



1

Request an appointment.

Use your Cigna Wellbeing app to make an appointment with a doctor anytime, anywhere, 24/7.



2

Speak with a doctor.

Your initial global telehealth consultation will be with a General Practitioner (GP) – by phone or video.



3

Feel better.

When necessary, a prescription will be sent to you to take to your local pharmacy.

If the GP feels that you should speak with a specialist, the GP will schedule another telehealth appointment with an Advance Medical** network specialist.

Cigna will provide you with access to over 110 board-certified doctors based in different locations around the world. These health care professionals:

- Include internal medicine physicians, gastroenterologists, orthopedic specialists, mental health specialists and pediatricians
- Have an average of 10 years of clinical experience
- Can write a prescription when necessary and permitted
- Are available from anywhere around the world
- Offer services in English, French, German, Mandarin Chinese, Hindi and Arabic

Why is global telehealth such a valuable service?

- **Affordability.** It's an alternative to doctor office or clinic visits – with no deductibles or coinsurance payments
- **Convenience.** There's no need to leave the house or your workplace
- **Around the clock access.** That's 24/7/365 access to a top doctor, usually within 24 hours (time can fluctuate depending on language preference)
- **Flexible scheduling.** Have mobile app access to real-time scheduling, so you can set up your appointment easily, at a time that works for you

The Cigna Wellbeing app, featuring global telehealth, is free to you and your covered dependents. Download it today!

*Products and services are subject to availability and may not be available in all jurisdictions. Terms and conditions may apply.

**Cigna offers global telehealth in partnership with Advance Medical, a leading global provider of health care services. Advance Medical has been providing expert and primary care support to patients since 1999 and is comprised of a network of licensed doctors across the globe. All doctors are licensed in the countries where they practice medicine and are fully qualified and trained to provide this service.

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