

Your health in your hands.

Global telehealth is available through the Cigna Wellbeing app.



At Cigna HealthcareSM, International Health we know you're busy and convenience is important to you. Balancing the demands of a hectic work schedule and active personal life can leave little time for you and your health.

With the Cigna Wellbeing App¹, we've made taking care of yourself a lot easier. You'll have the services to support every facet of your health. Get trusted, quality care from a doctor² through our global telehealth service, read simple lifestyle tips and find ways to manage a complex chronic condition.



We make it easy to:

- ✓ **Schedule** a same-day consultation with a doctor for non-emergency health issues, by phone or video²
- ✓ **Measure and monitor** your health with Cigna Health Assessments that provide customized tips and advice for lifestyle improvements
- ✓ **Manage** chronic conditions like diabetes and cardiovascular disease
- ✓ **Receive** personalized advice to improve your health
- ✓ **Assess** your lifestyle in areas such as sleep, stress, nutrition and physical activity
- ✓ **Connect** with a personal Wellness Coach to help with proper nutrition, weight management, sleep habits and stress reduction³
- ✓ **Access** International Employee Assistance services³ including services like counseling, cCBT, Mindfulness and more
- ✓ **Find** relevant wellness articles and healthy recipes



Easier to access. Easier to use.

The benefits of using the Cigna Wellbeing App include: access to doctors, personalized health tips, guidance and more. Just download the app and log in with your Cigna Envoy[®] credentials.

Click the App Store[®] or Google Play[™] button or scan the QR code below to **DOWNLOAD IT TODAY!⁴**



Global Health Benefits



With the Cigna Wellbeing App, you can manage your health wherever you go. Here's how it helped Joan.⁵

Meet Joan. She may be just like you. Joan wakes up thinking she has another sinus infection (which she gets often). It's difficult for her to get to a doctor's office. That's because she has young children at home and no options for childcare since she's new to the country.

In just minutes, using her mobile phone, Joan schedules a telehealth video consultation for later in the morning. Based on the information Joan provides – including her symptoms, previous medical history, current drug allergies and any drugs she's currently taking – a prescription is written by the telehealth doctor and uploaded for Joan to print and take to her nearby pharmacy.

Telehealth gave Joan convenient access to quality care. It was easier than making an office visit, and Joan was able to get an appointment at a time that worked perfectly for her.



Global Health Benefits



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5. This example is for illustrative purposes only. It's based on an actual customer experience. Information has been changed to protect privacy. Customer results will vary.

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Telehealth services may not be available in all jurisdictions. 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 and prescriptions are not guaranteed to be written. Providers are solely responsible for any treatment provided and are not affiliated with Cigna. Not all providers have video chat capabilities and video chat may not be available in all areas. Telehealth providers are separate from your health plan's provider network.

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