

START A HEALTHY RELATIONSHIP



Choose a primary care provider.

Everyone can use some help to be healthy.

Having a primary care provider (PCP) is one of the best ways to help you get and stay healthier. A PCP will not only get to know you and your health history, but can also act as a team leader who will coordinate your care with other quality doctors. Whether you are healthy or have a chronic condition, they can help you stay on top of your health.

Having an established relationship with a PCP can also help keep costs down – because routine screenings could prevent bigger issues. You can also save time and money by going to your PCP for a non-life-threatening illness or injury instead of the emergency department.

Consider the advantages of choosing a PCP in the Cigna Collaborative Care® program. When your provider takes part in this program, you have access to a team of health care experts focused on you. They'll help make sure you get the right care at the right cost by working together and coordinating with other providers and services.

When you choose a PCP in the Cigna Collaborative Care program:



You'll be more than a name on a chart. Your PCP is trained to listen, answer questions and help you understand your health.



You'll be connected to resources to help improve your health. Your PCP may recommend health coaching programs that are included with your plan.



You can save time and money. Your PCP can refer you to in-network locations for lab tests and other services.



Your care will be coordinated. Your PCP can refer you to in-network specialists and hospitals.

In many cases, a PCP in the Cigna Collaborative Care program will also have the Cigna Care Designation.

PCPs with the Cigna Care Designation meet certain Cigna measures for quality and cost efficiency.* You can choose a PCP from general practitioners, internists or pediatricians.

To find a PCP in the Cigna Collaborative Care program, visit the **Cigna Collaborative Care Listing** located on **Cigna.com** and **myCigna.com**. Only providers with the Cigna Care Designation will be displayed.

For additional provider information, including quality information and recognitions, hospital affiliations and phone numbers, visit the online directories on **Cigna.com** or **myCigna.com**.

Together, all the way.®



*The Cigna Care Designation includes providers identified as having top results, based on Cigna's 2019 Quality, Cost Efficiency, and Cigna Care Designation Methodology White Paper. Quality designations include 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 provider. Providers are independent contractors solely responsible for care delivered. Providers are not agents of Cigna.

Network details vary by plan type. See plan documents for cost and coverage details, including exclusions and limitations.

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