

Virtual care from \$0?

That's right.

Don't just get insured. Get reassured with budget-friendly benefits.

Cigna HealthcareSM Individual and Family insurance plans offer virtual care starting at \$0* per month and wellness appointments with MDLIVE[®]. That means 24/7/365 access to medical care – even at night, on weekends and holidays.

Here are just some of the virtual care benefits you can count on:

- Have a virtual urgent care visit or an annual wellness assessment with MDLIVE starting at \$0 per month
- Schedule a behavioral/mental health or dermatology appointment online in minutes
- Get access to board-certified doctors and pediatricians as well as licensed counselors and psychiatrists – and have prescriptions sent directly to your local pharmacy

Virtual Wellness Screenings

Preventive check-ups are available with virtual wellness screenings through MDLIVE. Don't wait for a bill: virtual wellness screenings and the associated labs for the visit are covered at no additional cost as part of the preventive care benefits for most health plans.

Medical Virtual Care

MDLIVE board-certified doctors can diagnose, treat and prescribe most medications for minor medical conditions, such as:

- Acne
- Allergies
- Asthma
- Bronchitis
- Colds and flu
- Constipation
- Diarrhea
- Earaches
- Fevers
- Headaches
- Infections
- Insect bites
- Joint aches
- Nausea
- Pink eye
- Rashes
- Respiratory infections
- Shingles
- Sinus infections
- Skin infections
- Sore throats
- Urinary tract infections

Behavioral/Mental Health Virtual Care

The licensed counselors and psychiatrists available through MDLIVE provide support for issues such as:

- Addictions
- Autism
- Bipolar disorders
- Child/teen behavioral concerns
- Depression
- Domestic violence counseling
- Eating disorders
- Family concerns
- LGBTQ+ counseling
- Obsessive-compulsive disorder (OCD)
- Panic disorders
- Postpartum depression
- Trauma/PTSD

Need some MDLIVE support?

To connect with an MDLIVE virtual provider via phone, call MDLIVE 24/7 at **888.525.7713**.

To video chat, visit myCigna.com[®] or download the [myCigna](#)[®] App.**



Did you know?

With a **\$0 copay** for most plans, virtual care for minor conditions costs less than ER and urgent care center visits.***

Ready for a health insurer that's got your back and budget?

Contact your broker and enroll in a plan today.

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

***This information is for educational purposes only. It's not medical advice. Talk with your health care provider when you need care recommendations. In an emergency, dial 911 or visit the nearest emergency room.

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