

TOP FIVE THINGS YOU CAN DO TO BE HEALTHIER



Be tobacco-free



Be physically active



Get recommended screening tests



Eat a healthy diet



Maintain a healthy weight



Your plan may cover even more. So, check to see what additional services are covered by your plan so there won't be any billing surprises later on.

If you have any questions, visit myCigna.com or the myCigna app. Or call the number on the back of your ID card. Anytime, day or night.

Learn more at Cigna.com/takecontrol or visit myCigna.com and see what else your plan covers.

1 Subject to the terms of your plan's pharmacy coverage, certain drugs and products may be covered at 100%. Your doctor is required to give you a prescription, including for those that are available over-the-counter, for them to be covered under your Pharmacy benefit. Cost sharing may be applied for brand-name products where generic alternatives are available. Please refer to Cigna's "No Cost Preventive Medications by Drug Category" Guide for information on drugs and products with no out-of-pocket cost.

2 Subject to the terms of your plan's medical coverage, breastfeeding equipment rental and supplies may be covered at the preventive level. Your doctor is required to provide a prescription, and the equipment and supplies must be ordered through CareCentrix, Cigna's national durable medical equipment vendor. Precertification is required for some types of breast pump equipment. To obtain the breast pump and initial supplies, contact CareCentrix at 877.466.0164 (option 3). To obtain replacement supplies, contact Edgepark Medical Supplies at 800.321.0591.

EXCLUSIONS This document provides highlights of preventive care coverage generally. Some preventive services may not be covered under your plan. For example, most immunizations for travel are generally not covered. Other non-covered services/supplies may include any service or device that is not medically necessary or services/supplies that are unproven (experimental or investigational). For the specific coverage terms of your plan, refer to the Evidence of Coverage, Summary Plan Description or Insurance Certificate."

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\$0 ANNUAL CHECK-UPS

GO. KNOW. TAKE CONTROL.

Cigna wants to help you get more out of your plan – and more out of life. Your annual check-up is a great place to start.

What is preventive care?

Under the Affordable Care Act, preventive care includes a variety of routine screenings and wellness exams to help diagnose and treat disease early, before it becomes serious, even life threatening.

What's covered?

Among the 15 covered services for adults are immunization vaccines, blood pressure and cholesterol screenings, colon cancer screenings and obesity screenings.



It makes a difference.

If everyone received recommended clinical preventive care, more than 100,000 lives could be saved each year.

Source: cdc.gov/prevention

Together, all the way.®



Cigna medical plans cover 100% of your in-network annual check-up.¹

WOMEN	MEN	CHILDREN AND ADOLESCENTS
		Screenings for all newborns
<ul style="list-style-type: none"> Blood pressure screening for all adults Cholesterol screening for women age 45 and older Diabetes screening for type 2 diabetes for adults with high blood pressure HIV and sexually transmitted infection (STI) screenings for adults at higher risk 	<ul style="list-style-type: none"> Blood pressure screening for all adults Cholesterol screening for men age 35 and older Diabetes screening for type 2 diabetes for adults with high blood pressure HIV and sexually transmitted infection (STI) screenings for adults at higher risk 	<ul style="list-style-type: none"> Hearing loss Hypothyroidism Sickle cell disease Phenylketonuria (PKU) Gonorrhea preventive medication for eyes of all newborns
Cancer screenings	Cancer screenings	Childhood/adolescent immunizations
<ul style="list-style-type: none"> Breast cancer mammography every one to two years for women over age 40 Breast cancer chemoprevention counseling for women at high risk for breast cancer Cervical cancer Pap test for women Colorectal cancer screenings including fecal occult blood testing, sigmoidoscopy or colonoscopy from age 50 to 75 	<ul style="list-style-type: none"> Colorectal cancer screenings including fecal occult blood testing, sigmoidoscopy or colonoscopy from age 50 to 75 Prostate cancer (PSA) screening for men 	<ul style="list-style-type: none"> Diphtheria, tetanus, pertussis Haemophilus influenzae type B Hepatitis A and B Human papillomavirus (HPV) Influenza (Flu) Measles, mumps, rubella Meningococcal Pneumococcal (pneumonia) Inactivated poliovirus Rotavirus Varicella (chickenpox)
Health counseling	Health counseling	Additional screenings for adolescents
<p>Doctors are encouraged to counsel patients about these health issues and refer them to appropriate resources as needed:</p> <ul style="list-style-type: none"> Healthy diet Weight loss Tobacco use Alcohol misuse Depression Prevention of sexually transmitted infections (STIs) Use of aspirin to prevent cardiovascular disease¹ 	<p>Doctors are encouraged to counsel patients about these health issues and refer them to appropriate resources as needed:</p> <ul style="list-style-type: none"> Healthy diet Weight loss Tobacco use Alcohol misuse Depression Prevention of sexually transmitted infections (STIs) Use of aspirin to prevent cardiovascular disease¹ 	<ul style="list-style-type: none"> Depression screening Alcohol and drug use assessment Counseling to prevent sexually transmitted infections (STIs) for sexually active adolescents

WOMEN	MEN	CHILDREN AND ADOLESCENTS
Adult immunizations	Adult immunizations	Childhood screenings
<ul style="list-style-type: none"> Hepatitis A and B Herpes zoster Human papillomavirus Influenza Measles, mumps, rubella Meningococcal Pneumococcal (pneumonia) Tetanus, diphtheria, pertussis Varicella (chickenpox) 	<ul style="list-style-type: none"> Hepatitis A and B Herpes zoster Human papillomavirus Influenza Measles, mumps, rubella Meningococcal Pneumococcal (pneumonia) Tetanus, diphtheria, pertussis Varicella (chickenpox) 	<ul style="list-style-type: none"> Medical history for all children throughout development Height, weight and body mass index (BMI) measurements Developmental screening for children throughout childhood Autism screening for children at 18 and 24 months Behavioral assessment for children of all ages Vision screening Oral health assessment for young children Hematocrit or hemoglobin screening Obesity screening and weight management counseling for children age 6 or older Iron supplements for children 6 to 12 months who are at higher risk for anemia¹ Fluoride supplements for children without fluoride in their water Lead screening for children at risk of exposure Dyslipidemia screening for children at higher risk of lipid disorder Tuberculin testing for children at higher risk of tuberculosis
Screenings for women	Screenings for men	
<ul style="list-style-type: none"> Osteoporosis screening for women age 60 and older, depending on risk factors Chlamydia infection screening for sexually active women age 24 and younger and other women at higher risk Gonorrhea and syphilis screening for sexually active women at higher risk BRCA counseling about genetic testing for women at higher risk 	<ul style="list-style-type: none"> Abdominal aortic aneurysm one-time screening for men age 65 to 75 who have smoked 	
Screenings for pregnant women		
<ul style="list-style-type: none"> Folic acid supplements for women who may become pregnant¹ Anemia screening for iron deficiency Tobacco cessation counseling for all pregnant women who smoke Syphilis screening for all pregnant women Hepatitis B screening during the first prenatal visit Rh incompatibility blood type testing at first prenatal visit and at 24–28 weeks Bacteriuria urinary tract infection screening at 12–16 weeks Breastfeeding education to promote breastfeeding² 		