

# We're on your side.

Welcome to your  
Personal Health Team.



Your Personal Health Team is here to provide you and your family with the personalized support that you need to remove barriers to care and manage your health.

Everyone has different needs for their health and well-being. When you don't know where to go for help with a simple question or a more serious situation, we're here for you.

Now you have a team of clinical experts – including nurse case managers, registered dietitians, behavioral professionals, social workers and pharmacists – ready to support your medical needs as well as your social and emotional well-being.

- Access confidential assistance from reliable, compassionate professionals at no cost to you
- Find resources that go beyond medical treatment, including support for chronic conditions and other programs available to you\*
- Locate community resources and support
- Prepare for a hospital stay – and a recovery plan for when you leave

## We're here to help, so you can focus on getting better.

Trust your Personal Health Team to help:

- Find the care you need
- Explain your condition, treatment options and medications
- Make sense of your coverage and out-of-pocket costs
- Find quality, cost-effective facilities in your plan's network
- Provide information about alternatives to costly treatments or procedures
- Ensure a smooth transition between inpatient and outpatient care
- Work with your provider to coordinate home health care, therapy or special medical needs
- Guide you to online resources, tools and other available programs



**The Personal Health Team has a 93% satisfaction rating\*\***



Learn about your Personal Health Team on the **myCigna® App** or **myCigna.com®**, or call the number on the back of your Cigna Healthcare<sup>SM</sup> ID card.

\*Program availability may vary by plan type and is subject to change.

\*\*2023 National Care Management Satisfaction Survey Results.

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.

Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Evernorth Behavioral Health, Inc., and Evernorth Care Solutions, Inc.

980886 a 06/24 © 2024 Cigna Healthcare. Some content provided under license.

