



Talk to a doctor anytime, from anywhere

Access Global Telehealth through
your Cigna Wellbeing[®] app



What can I use Global Telehealth for?



Video or phone consultations with a licensed doctor.



Prescriptions or over the counter medication advice for common health concerns, when medically necessary.



A diagnosis for non-emergency health issues and acute conditions.



Specialist referral for tests or treatment.



Discussing a medication or treatment plan, test results, upcoming hospital visits or potential side effects.

There are times when you just need to speak to a doctor, but sometimes arranging a visit is difficult to manage.

Through our Global Telehealth service, you can arrange a consultation by phone or real-time video chat and speak to a licensed doctor 24/7.

Appointments can often be arranged on the same day, providing the peace of mind that you'll get a speedy diagnosis, the most appropriate treatment and the care you need.



Why is Global Telehealth such a valuable service?

- **It's affordable.** This service is available at no cost to you and includes unlimited consultations for you and your dependants.
- **It's easy.** It's a convenient alternative to doctor office or clinic visits. There's no need to leave the house or your workplace.
- **It's accessible around the clock.** That's 24/7/365 access to a fully licensed doctor, usually within 24 hours (time can fluctuate depending on language preference).
- **It's flexible.** You have mobile app access to real-time scheduling, so you can easily set up an appointment, at a time that works for you.
- **It's multilingual.** Video consultations are available in English and Spanish while telephonic consultations are available in English, Spanish, French, German, Portuguese, Mandarin Chinese, Japanese, Hindi and Arabic.



How does it work

1

Request an appointment.

Use your Cigna Wellbeing® app to make an appointment with a doctor. Simply select a video or a phone* consultation and provide a few details about the reason for your appointment. You have the option to upload files or images to help explain your symptoms or condition. One of our doctors will be in touch soon.

2

Speak with a doctor.

Your initial Global Telehealth consultation will be with a licensed doctor – by phone or video. The doctor will listen to your specific concerns and provide clear advice and guidance on the best steps to take.

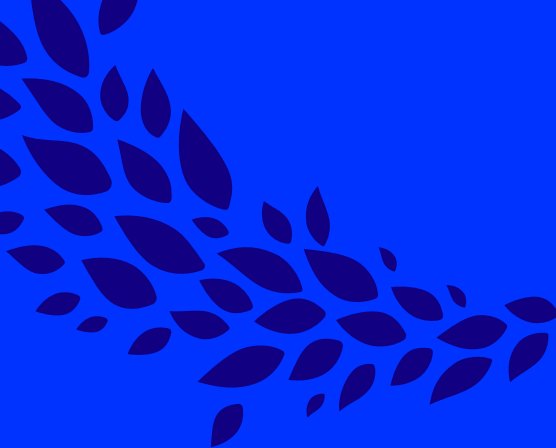
3

Feel better.

After a consultation, notes, specialist referral and/or prescription(s) will be uploaded to your Cigna Wellbeing® App or emailed to you.

The doctor can schedule an appointment with a Global Telehealth specialist if needed. Otherwise, you can contact Cigna Healthcare for assistance with locating a provider for any necessary treatment. Global Telehealth will give you peace of mind and the treatment you need to get well.

*The 'Request a call for later' option means you don't need to worry about incurring costs from your telephone provider for calling us. The cost of calling our direct phone line to arrange a consultation is determined by your telephone provider and may be charged at international rates, depending on your location.



Connecting you
to better health,
wherever
you go.

Download the
Cigna Wellbeing® app today!



Cigna Wellbeing® app

Taking care of yourself is easier than ever. Wherever you are, you'll have access to services and support to help you with every dimension of your health.



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