

CONCERNED ABOUT YOUR SYMPTOMS? GET ADVICE ANYTIME, ANYWHERE.

Use Global Telehealth to Speak with a Doctor Fast.

When you don't feel well you want to get better fast, especially if you are experiencing symptoms such as cough, fever, or shortness of breath, which can be indicators of flu or coronavirus. With symptoms like these, you should consider using our global telehealth feature via the Cigna Wellbeing app.

Through this service, you have the opportunity to speak with licensed doctors around the world—by phone or video—to discuss your symptoms and the best next steps for you. Appointments are usually scheduled for the same day and are available 24 hours from anywhere in the world.

What else can I use global telehealth* for?

- ▶ **Video or phone consultations** with a licensed doctor
- ▶ **A diagnosis** for non-emergency health issues ranging from acute conditions to complex chronic conditions
- ▶ **Non-emergency pediatric care**
- ▶ **Prescriptions** for common health concerns, when medically necessary and permitted
- ▶ **Treating medical conditions** like fever, rash, pain and more
- ▶ **Making preparations** for an upcoming consultation
- ▶ **Discussing** a medication plan and potential side effects

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Together, all the way.®



Cigna Wellbeing App

Avoiding crowded hospitals and doctors offices can help protect you from infection. Wherever you are, you'll have access to services and support to help you with every dimension of your health.

Download it today!



How does it work?



1

Request an appointment.

Use your Cigna Wellbeing App to make an appointment with a doctor anytime, anywhere, 24/7.



2

Speak with a doctor.

Your initial global telehealth consultation will be with a general practitioner (GP) – by phone or video.



3

Feel better.

When necessary, a prescription will be sent to you to take to your local pharmacy.

If the GP feels that you should speak with a specialist, the GP will schedule another telehealth* appointment with a Teledoc** network specialist.

Cigna will provide you with access to over 110 board-certified doctors based in different locations around the world. These health care professionals:

- › Include internal medicine physicians, gastroenterologists, orthopedic specialists, mental health specialists and pediatricians
- › Have an average of 10 years of clinical experience
- › Can write a prescription when necessary and permitted
- › Are available from anywhere around the world
- › Offer services in English, French, German, Mandarin Chinese, Hindi and Arabic

Why is global telehealth such a valuable service?

- › **Affordability.** It's an alternative to doctor office or clinic visits – with no deductibles or coinsurance payments
- › **Convenience.** There's no need to leave the house or your workplace
- › **Around the clock access.** That's 24/7/365 access to a top doctor, usually within 24 hours (time can fluctuate depending on language preference)
- › **Flexible scheduling.** Have mobile app access to real-time scheduling, so you can set up your appointment easily, at a time that works for you

The Cigna Wellbeing App, featuring global telehealth, is free to you and your covered dependents. Download it today!



* Cigna offers global telehealth in partnership with Advance Medical, a leading global provider of health care services. Advance Medical has been providing expert and primary care support to patients since 1999 and is comprised of a network of licensed doctors across the globe. All doctors are licensed in the countries where they practice medicine and are fully qualified and trained to provide this service.

** Advance Medical is now part of Teledoc Health, the global leader in virtual care.

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