

FINDING A DENTIST IN OUR DIRECTORY IS EASY

Is your dentist in your plan's Cigna network? Cigna's online directory makes it easy to find who (or what) you're looking for.

SEARCH YOUR PLAN'S NETWORK IN FOUR SIMPLE STEPS



Step 1

Go to **Cigna.com**, and click on "Find a Doctor" at the top of the screen. Then, under "How are you Covered?" select "Employer or School."

(If you're already a Cigna customer, log in to **myCigna.com** or the myCigna® app to search your current plan's network. To search other networks, use the **Cigna.com** directory.)



Step 2

Change the geographic location to the city/state or zip code you want to search. Select the search type and enter a name, specialty or other search term. Click on one of our suggestions or the magnifying glass icon to see your results.



Step 3

Answer any clarifying questions, and then verify where you live (as that will determine the networks available).



Step 4

Optional: Select one of the plans offered by your employer during open enrollment.

That's it! You can also refine your search results by distance, years in practice, specialty, languages spoken and more.

Search first. Then choose Cigna.

There are so many things to love about Cigna. Our directory search is just the beginning.

After you enroll, you'll have access to **myCigna.com** - your one-stop source for managing your health plan, anytime, just about anyplace. On **myCigna.com**, you can estimate your health care costs, manage and track claims, learn how to live a healthier life and more.

Questions? Call

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

Dentists that participate in the Cigna network are independent practitioners solely responsible for the treatment provided to their patients. They are not agents of Cigna. Product availability may vary by location and plan type and is subject to change. All group dental insurance policies and dental benefit plans contain exclusions and limitations. For costs and details of coverage, see your plan documents.

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Start saving today with Cigna Healthy Rewards®*

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Get discounts on the health products and programs you use every day for:

- › Nutritional Meal Delivery Service
- › Fitness Memberships and Devices**
- › Vision Care, Lasik Surgery, Hearing Aids
- › Alternative medicine
- › Yoga Products and Virtual Workouts**

Real brands. Real discounts. Real easy.

Log into **myCigna.com** and navigate to Healthy Rewards Discount Program or call **800.870.3470**.

* Healthy Rewards is a discount program. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. If your health plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. Healthy Rewards programs are separate from your your plan benefits. **A discount program is NOT insurance, and you must pay the entire discounted charge.** All goods, services and discounts offered through Healthy Rewards are provided by third parties who are solely responsible for their products, services and discounts.

** Fitness Membership and Devices along with Yoga Products and Virtual Workouts can only be accessed by login into **myCigna.com** and navigating to Healthy Rewards Discount Program.



For Cigna customers who don't have access to **myCigna.com** and want an Active&Fit Direct™ gym membership:

- › Call **800.870.3470**; and
- › Press 3 to be transferred to a customer service agent.

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Cigna Dental Oral Health Integration Program®

A Cigna Dental Health Connect™ solution



NEED MORE? GET MORE.

Cigna Dental Oral Health Integration Program®

Get the dental services you need for your medical condition. Enroll in the Cigna Dental Oral Health Integration Program today.

What is the Cigna Dental Oral Health Integration Program?

It's a program that reimburses out-of-pocket costs for specific dental services used to treat gum disease and tooth decay. The program is for people with certain medical conditions that have been found to be associated with gum disease. There's no additional cost for the program – if you qualify, you get reimbursed!*

Do I qualify?

If you have a Cigna dental plan, you're eligible for the program. You do NOT have to be enrolled in a Cigna medical plan to be eligible for this program. You must currently be under treatment by a doctor for any of the following conditions:

- › Heart disease
- › Stroke
- › Diabetes
- › Maternity
- › Chronic kidney disease
- › Organ transplants
- › Head and neck cancer radiation

How does it work?

In order to receive benefits through this program, you must first enroll to participate. Once you've registered, you visit your dentist and pay your usual copay or coinsurance amount. If you visit a Cigna network dentist, they will send us a claim. If you choose to see a dentist not in the Cigna network, you may need to submit the claim yourself. We review the claim and will refund your copay or coinsurance for eligible dental services. Once we receive your claim, you can expect to be reimbursed in about 30 days.

What else does the Oral Health Integration Program include?

You can ask us for information on issues that affect your oral health and your overall wellness – such as fear of going to the dentist. Or the impact of stress or tobacco products. We'll also give you guidance on how to overcome these behaviors.

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How do I enroll and use the program?

1. Fill out the online registration form found on **myCigna.com**. You can also download a fillable form from Cigna.com or call the number on the back of your ID card to have an enrollment form sent to you. You only need to complete the form one time per qualifying condition.
2. Visit your dentist and pay your usual out-of-pocket cost for the covered service. Once we have received your claim, we will send your reimbursement.

What dental services are covered under the Cigna Dental Oral Health Integration Program?

Check the chart below to see which dental services are covered for each qualifying medical condition.

Medical Conditions (check mark indicates covered dental service¹)

Dental Services	Heart Disease	Stroke	Diabetes	Maternity	Chronic Kidney Disease	Organ Transplants	Head and neck cancer radiation
Periodontal Treatment & Maintenance (D4341, D4342, D4910 ²)	✓	✓	✓	✓	✓	✓	✓
Periodontal Evaluation (D0180)				✓			
Oral Evaluation (D0120 ³ , D0140 ³ , D0150 ³)				✓			
Cleaning (D1110 ⁴)				✓			
Scaling in the presence of inflammation – Full Mouth (D4346 ⁴)				✓			
Emergency Palliative Treatment (D9110 ⁵)				✓			
Topical application of fluoride & Topical application of fluoride varnish (D1206 ⁶)					✓	✓	✓
Topical application of fluoride – excluding varnish (D1208 ⁶)					✓	✓	✓
Sealants (D1351 ⁶)					✓	✓	✓
Sealant Repair – per tooth (D1353 ⁶)					✓	✓	✓

1. Eligibility, reimbursement and coverage for eligible services are subject to plan year maximums. 2. Four times per year subject to plan guidelines. 3. One additional evaluation. 4. One additional cleaning. 5. No limitations. 6. Age limits removed, all other limitations (including frequency limitations) apply.

Questions?

If you have questions about the Cigna Dental Oral Health Integration Program, or the impact that oral health can have on some medical conditions, please call us 24/7 at **800.Cigna24**.

* You do not have to meet your DPPO or indemnity deductible to receive reimbursement for these services. However, reimbursement will apply to and is subject to your annual benefits maximum for traditional indemnity and DPPO plans as well as plan rules for visits to network dentists and out-of-network dentists.



The Cigna Dental Oral Health Integration Program may not be available under your specific plan. Reimbursement under OHIP is subject to plan terms and conditions, including applicable annual benefit maximums and other exclusions and limitations. For costs and details of coverage, contact your Cigna representative or see your plan documents.

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OPEN UP AND SAY “PREVENTION”

Know the potential signs of oral cancer

You can get cancer anywhere in your body. Even in your mouth and throat. Most people who get oral cancer are over 40 years old and smoke or chew tobacco.* But oral cancer can strike at any age – whether you use tobacco or not.

More facts about mouth and throat cancer*

- › More than 45,000 people in the U.S. are diagnosed each year
- › Nearly 9,000 people in the U.S. die from these diseases each year
- › About 57% of those diagnosed survive more than five years

Open up. It's good for your health.

Oral cancer screening is part of your regular dental check up. Your dentist will look for suspicious spots and feel for lumps in and around your mouth. This may include the roof of your mouth, inside your cheeks, under your tongue and other areas of the head and neck.

Take a closer look

The most common sign of oral cancer is a flat, painless white or red spot or a small sore that does not heal within 14 days. In many cases, having a spot or sore in your mouth is harmless. But it's important that you tell your dentist so that he/she can decide if further investigation is needed.

Some dentists are using a newer, simple technique to help detect cancerous or precancerous cells, in which the dentist uses a small brush to gather cell samples of a suspicious area. The specimen is then sent to a laboratory for analysis. This oral brush biopsy procedure is easy and can be done in the dentist's chair with very little or no pain. The results may help determine your need for a surgical biopsy or other follow-up.*

Spotting potential signs and/or symptoms of oral cancer*

Look for signs:

- › Red or white patch
- › Sore that bleeds easily or does not heal
- › Thick or hard spot or a lump
- › Roughened or crusted area

Symptoms of oral cancer may include:

- › Numbness
- › Pain
- › Tenderness
- › A change in the way your teeth fit together when you bite down

Tell your dentist if you have any problems chewing, swallowing, speaking or moving your tongue or jaw.

Routine preventive care can help to find and treat cancers of the mouth and throat. Visit your dentist regularly for cleanings and exams. And see your dentist immediately if you have any symptoms that worry you.

Together, all the way.®



* Oral Cancer Foundation. Oral Cancer Facts. (2018, June 5). Retrieved October 1, 2018, from <http://oralcancerfoundation.org/facts/>

** American Society of Clinical Oncology. Oral and Oropharyngeal Cancer Guide. (2017, September). Retrieved December 23, 2016, from <http://www.cancer.net/cancer-types/oral-and-oropharyngeal-cancer/diagnosis>.

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