

2023

MY PASSPORT TO HEALTH



Track your journey to whole-person health.



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MY CARE STARTS HERE

**STEP
1**

Schedule your in-person or telehealth Yearly Health Check-Up.



**STEP
2**

Complete your Health Risk Assessment (HRA).



**STEP
3**

Get your recommended preventive screenings.



**STEP
4**

Keep track of your care in this Passport.



Look for your HRA survey in the mail.

Fill out your yearly HRA survey to help your doctor create a care plan that meets your individual needs. It's quick and easy.

Submit your HRA survey:

- › By mail: use the prepaid envelope.
- › By phone: call **1-800-331-6769 (TTY 711)**, Monday – Friday, 8 a.m. – 5 p.m. CST.

Complete your HRA survey:

- › Within 90 days of enrolling.
- › Yearly, to meet your changing needs.

MY INFORMATION

This book belongs to

Name: _____

Phone: _____

My emergency contact

Name: _____

Phone: _____

My allergies

My medical history

My primary care provider (PCP)

Name: _____

Phone: _____

My pharmacy

Name: _____

Phone: _____

My other health care professionals

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

MY PREVENTIVE SCREENINGS

Preventive screenings	How often needed	Date completed
Yearly Health Check-Up	Every year	
Blood pressure screening	At least once a year	
Depression screening	Every year	
Flu shot	Every year	
Pneumonia shot	2 shots given 6 to 12 months apart ¹	
Diabetes management		
Blood sugar monitoring (HgbA1c)	At least once a year	
Kidney function monitoring	Every year	
Retinal eye exam	Every year	
Cholesterol treatment with statin medication	Ongoing/Continuous	

Preventive screenings	How often needed	Date completed
Colon health (3 options)		
Colonoscopy OR	Every 10 years	
Flexible sigmoidoscopy OR	Every 5 years	
In-home stool test	Every year	
Women's health		
Mammogram	At least every 2 years	
Bone density test	At least once after age 67 or within 6 months after a fracture	

Cigna Medicare Advantage Incentives

Complete your Yearly Health Check-Up to earn rewards, and activate additional rewards for getting doctor-recommended screenings.²

See page 10 for details.

MY ADDED BENEFITS



Cigna Healthy Today Card

- › Your Cigna Medicare Advantage Plan now includes a **Cigna Healthy TodaySM Card**.
- › When you earn incentives, your rewards will automatically be posted to your card.
- › Rewards can be used to purchase pre-approved goods at participating retailers.
- › Visit **CignaHealthyToday.com** for more information.



Fitness Benefit with Silver&Fit

- › Exercise improves heart health, mental health, bone health, balance and more.
- › Use your fitness benefit to join a fitness center or get at-home fitness programs at no cost to you.

To learn more about your plan's added benefits:

Refer to your *Benefit Guide* or call **Cigna Customer Service** at the phone number on the back of your ID card.

MY INCENTIVES

New in 2023

Participate in the **Cigna Medicare Advantage Incentives program**. Now you can improve your health and earn rewards on your **Cigna Healthy Today Card** by completing preventive screenings and healthy activities, such as:

- › Yearly Health Check-Up
- › Flu shot
- › Engaging online at **myCigna.com**[®]
- › Getting started with **Silver&Fit**[®]
- › Additional doctor-recommended activities, such as a bone density screening, a mammogram and diabetes management



Learn more at **myCigna.com**.

Start earning now

- › **Schedule** your Yearly Health Check-Up with your provider. If you are a new participant to the program, complete the incentive form that was mailed to you and is available at **myCigna.com**.
- › **Ask** your provider if you qualify for additional screenings.
- › **Engage** online at **myCigna.com** to learn about health and wellness topics and continue earning rewards.

Plan wisely: With your plan, you may be eligible to earn up to **\$200** in incentive rewards.

GET CARE AS SOON AS YOU NEED IT

Telehealth through MDLIVE

1-866-918-7836 (TTY 711)

MDLIVE.com/CignaMedicare

Connect with a board-certified doctor by phone or video, 24 hours a day, 7 days a week.

Cigna Health Information Line

1-866-576-8773 (TTY 711)

Talk with a nurse advocate, 24 hours a day, 7 days a week.

Urgent care

Search the provider directory at **myCigna.com** to find a center near you. Get care for minor health concerns when your doctor is unavailable and you need care right away.

If you're experiencing a life-threatening medical emergency, go to the nearest ER or call **911**.

Cigna Customer Service

Call **Cigna Customer Service** at the phone number on the back of your ID card.

October 1 – March 31,
7 days a week, 8 a.m. – 8 p.m. local time.

April 1 – September 30,
Monday – Friday, 8 a.m. – 8 p.m. local time.

Our automated phone system may answer your call during weekends, on holidays and after hours.

**Register or log in at [myCigna.com](https://mycigna.com),
or download the myCigna® App.**



Access tools to manage your plan and select your communication preferences, including the option to **go paperless.**

MY MEDICATIONS

List the medications you take

Always talk to your doctor about ALL of your medications, especially if you:

- › Experience side effects.
- › Forget to take your medication.
- › Can't afford your medication.

Health condition	Dosage	Times per day

Write down any medication questions you want to ask your doctor.

Prescription costs may be lower if you can get a 90-day supply.



1. Even if you received your pneumonia shot in the past, ask your doctor about the most up-to-date recommendations.
2. Incentive rewards are intended to be used on health and wellness products only. Confirmed rewards will be added to your **Cigna Healthy Today Card**. Completing the Yearly Health Check-Up is required to activate rewards.

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