

# CIGNA Overview



CIGNA is our medical benefits vendor. CIGNA administers our medical, dental, & vision programs.

CIGNA is *A Business of Caring*®. It provides customers with employee benefits, expertise and services that improve the health, well-being and productivity of their employees. CIGNA is one of only a few health benefits companies with a comprehensive portfolio of health, pharmacy, wellness and dental plans.

As a leading provider of health care and related benefits, CIGNA strives to keep the workforce of its customer plan sponsors – and CIGNA's own workforce -- healthy and productive. It's wide-ranging U.S. and international capabilities allow employers to create integrated benefits solutions that offer employers flexibility for future planning and growth, and provide consumers greater choice and support in reaching health care decisions.

One of CIGNA's best features is their website.

On the myCIGNA.com you can:

- View Detail on your Medical Plan
- Access History and Claim Status
- Print ID Cards
- Download Forms
- Access Provider Directories for Doctors, Dentists, & facilities in your area
- Compare Prices for Prescriptions at Pharmacies near you
- Find Health & Wellness Information



One area on the CIGNA website that you should really take a look at is the Health Risk Assessment. This is a program where you answer some general questions about your health, family history, and lifestyle habits, and you are provided with an overall health assessment. This assessment, although general, can help point out some areas for concern.



Please take a few minutes, set yourself up as a user, and spend some time on the website.

**Note:** All of your personal information that CIGNA has on file is completely confidential and kept in accordance with Federal HIPPA (confidentiality) Regulations.

**[www.myCIGNA.com](http://www.myCIGNA.com)**