



ANSWERS IN MINUTES

Cigna One Guide is here to help.

We know that understanding your health plan can sometimes feel confusing and overwhelming. **Cigna One Guide**® service is here to help guide you through the complexities of the health care system and help you avoid costly missteps.

Call a Cigna One Guide representative to get personalized guidance with:

- › Understanding the basics of your new health coverage and help you get the most out of your plan
- › Finding providers and hospitals in your new Cigna network to help you avoid unnecessary costs
- › Understanding documents including Explanation of Benefits (EOB) and bills
- › Getting answers to any other questions you may have or provider networks available to you



The best part is, your personal guide is just a call away. Call 888.806.5042 to speak with a Cigna One Guide representative from November 30, 2020 – December 31, 2020.

Together, all the way.®

