

For St. Louis - Kansas City Carpenters Regional Health Plan participants.

ANSWERS

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

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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.°

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