

We're on your side.

Welcome to your Personal Health Team.



Your Personal Health Team is here to provide you and your family with the personalized support that you need to remove barriers to care and manage your health.

Everyone has different needs for their health and well-being. When you don't know where to go for help with a simple question or a more serious situation, we're here for you.

Now you have a team of clinical experts – including nurse case managers, registered dietitians, behavioral professionals, social workers and pharmacists – ready to support your medical needs as well as your social and emotional well-being.

- Access confidential assistance from reliable, compassionate professionals at no cost to you
- Find resources that go beyond medical treatment, including support for chronic conditions and other programs available to you*
- Locate community resources and support
- Prepare for a hospital stay – and a recovery plan for when you leave

We're here to help, so you can focus on getting better.

Trust your Personal Health Team to help:

- Find the care you need
- Explain your condition, treatment options and medications
- Make sense of your coverage and out-of-pocket costs
- Find quality, cost-effective facilities in your plan's network
- Provide information about alternatives to costly treatments or procedures
- Ensure a smooth transition between inpatient and outpatient care
- Work with your provider to coordinate home health care, therapy or special medical needs
- Guide you to online resources, tools and other available programs



The Personal Health Team has a 93% satisfaction rating**



Learn about your Personal Health Team on the **myCigna® App** or **myCigna.com®**, or call **or the number on the back of your Cigna Healthcare™ ID card.**

*Program availability may vary by plan type and is subject to change.

**2023 National Care Management Satisfaction Survey Results.

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