

WELCOME TO CIGNA.

WHAT TO DO JANUARY 1ST.

Make sure your providers are in [in-network](#)

Go to www.myCigna.com or use the myCigna mobile app to look up providers that are in-
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name, reason for visit and locations. Or, call your One Guide rep - who can assist in finding
this information.

Access [Cigna's Cost and Quality Transparency Tools](#)

No one wants to pay too much for health care and prescriptions 7KDW¶V ZK\ P\&LJQ
care & costs directory puts the cost and quality information at your fingertips. Using this easy
search tool, you can view cost information for procedures, visits, and prescriptions. The
directory also helps you:

- x Compare doctors and costs to help you manage your care
- x Find the best facilities and highest quality providers with the lowest costs for you
- x Estimate the costs if you need to find a specialist

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