



Take a step towards a healthier you with preventive care.

Your annual check-up is covered at no additional cost to you.¹ It's a valuable opportunity to catch any issues early, when they're easier and more affordable to treat.

You can also be proactive about your health and:

- Get answers to questions you have and discuss wellness goals
- Get recommended screenings, such as mammograms
- Stay up to date on immunizations

Schedule your annual check-up today.

Need to find a primary care provider (PCP)?
Go to myCigna.com[®] to get started.

All sources and disclosures appear at the end of this document



900 Cottage Grove Road
Bloomfield, CT 06002



Need support? Our women's health resources are here to help.

1. You must use in-network care to be covered at no additional cost. Not all services done at the annual check-up are considered preventive. For example, immunizations for travel are usually not covered. See your plan materials for a complete list of covered preventive care services.
2. The Know Your Lemons app was named by the Webby Awards as one of the Top 5 Health and Fitness apps for 2022. Visit knowyourlemons.org.
3. App/online store terms and mobile phone carrier/data charges apply.
4. See your plan documents. Standard copays or coinsurance will apply. Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group.

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How well do you know your lemons?



Cigna Healthcare® is partnering with Know Your Lemons®, a global foundation that wants to help you be able to detect breast cancer sooner through valuable screening tips and education.

This award-winning app² is the first of its kind designed to inform and build confidence in breast health³—with a twist of lemon. The app helps you do the following:

- Track your period to learn about your breast cycle
- Understand how to do a self-exam and set reminders
- Snag tips to prepare for a mammogram
- Learn about symptoms and get information about those you may be experiencing
- Use a screening tool to see your risk factors and create a personalized care plan

Download the free app today⁴ by visiting knowyourlemons.org.*



*Know Your Lemons won't collect your personal information or email address.



Effective care for all stages of life.

Extra support to grow your family.

You and a covered spouse/domestic partner are eligible for fertility treatment including testing, procedures and Intrauterine insemination (IUI).⁴ Call **800.Cigna24** (800.244.6224) for more details.

Menopause can feel like a roller coaster. But you're not on it alone.

Hot flashes. Mood swings. Brain fog. It's a lot, but your PCP or OB/GYN can help, in person or virtually. Coverage for FDA approved hormonal and non-hormonal therapies is also available. Contact Express Scripts at **877-476-9275** for help with medication coverage information, cost and prior authorization.

Help with whatever you're going through.

Get convenient, confidential therapy through Lyra. They'll match you with the right in-person or virtual provider for your needs. Call **877.215.8488** or go to mosaic.lyrahealth.com to get started.

Learn more or schedule an appointment at visrahealth.com/cigna.



Helping women help themselves.



Visra is a covered virtual women's health clinic⁴ with highly-trained clinicians and comprehensive care for:

- Preventive care (well-woman visits, fertility and mental health assessments)
- Reproductive health concerns (heavy bleeding, painful periods, infections, endometriosis)
- Hormone and metabolic health issues (irregular periods, thyroid issues, polycystic ovary syndrome (PCOS))
- Hormonal and non-hormonal treatment for menopause and perimenopause

