



## Take a step towards a healthier you with preventive care.

Your annual check-up is covered at no additional cost to you.<sup>1</sup> 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**<sup>®</sup> 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](https://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.

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## We're with you at every step of your women's health journey.





## 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 app<sup>2</sup> is the first of its kind designed to inform and build confidence in breast health<sup>3</sup>—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 today<sup>4</sup> by visiting [knowyourlemons.org](https://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).<sup>4</sup> 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](https://mosaic.lyrahealth.com) to get started.

## Helping women help themselves.



Visana is a covered virtual women's health clinic<sup>4</sup> 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

Learn more or schedule an appointment at [visanahealth.com/cigna](https://visanahealth.com/cigna).

