## Virtual care
For minor medical conditions. Connect with a board-certified doctor via video or phone when, where and how it works best for you. Visit myCigna.com or call MDLIVE at 888.726.3171 to talk with a doctor 24/7.*

- Colds and flu
- Rashes
- Sore throats
- Headaches
- Stomachaches
- Fever
- Allergies
- Acne
- Urinary tract infections (UTIs) and more

### Conditions treated**
- Colds and flu
- Rashes or skin conditions
- Sore throats, earaches, sinus pain
- Minor cuts or burns
- Pregnancy testing
- Vaccines

### Your cost and time
- Costs the same or less than a visit with your primary care provider (PCP)
- Appointments typically in an hour or less
- No need to leave home or work

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- Costs the same or less than a visit with your primary care provider (PCP)
- Appointments typically in an hour or less
- No need to leave home or work

## Convenience care clinic
For minor medical concerns. Staffed by nurse practitioners and physician assistants. Located in retail stores and pharmacies. Often open nights and weekends.

- Colds and flu
- Rashes or skin conditions
- Sore throats, earaches, sinus pain
- Minor cuts or burns
- Pregnancy testing
- Vaccines

### Conditions treated**
- General health issues
- Preventive care
- Routine check-ups
- Vaccines and screenings

### Your cost and time
- Same or lower than provider's office
- No appointment needed

### Cost and time
- May charge copay/coinsurance and/or deductible
- Usually need appointment
- Short wait times

## Health care provider’s office
The best place to go for routine or preventive care or to keep track of medications. Many PCPs offer virtual care. Contact your PCP to schedule an in-person or virtual care visit. Find a PCP on myCigna.com.

- Fever and flu symptoms
- Minor cuts, sprains, burns, rashes
- Headaches
- Lower back pain
- Joint pain
- Minor respiratory symptoms
- UTIs

### Conditions treated**
- General health issues
- Preventive care
- Routine check-ups
- Vaccines and screenings

### Your cost and time
- Costs lower than emergency room (ER)
- No appointment needed
- Wait times vary

### Cost and time
- Costs the same or less than a visit with your primary care provider (PCP)
- Appointments typically in an hour or less
- No need to leave home or work

## Urgent care center
For conditions that aren’t life threatening. Staffed by nurses and doctors and usually have extended hours.

- Sudden numbness, weakness
- Uncontrolled bleeding
- Seizure or loss of consciousness
- Shortness of breath
- Chest pain
- Head injury/major trauma
- Blurry or loss of vision
- Severe cuts or burns
- Overdose

### Conditions treated**
- Fever and flu symptoms
- Minor cuts, sprains, burns, rashes
- Headaches
- Lower back pain
- Joint pain
- Minor respiratory symptoms
- UTIs

### Your cost and time
- Costs lower than emergency room (ER)
- No appointment needed
- Wait times vary

### Cost and time
- Highest cost
- No appointment needed
- Wait times may be long

## Emergency room
For immediate treatment of critical injuries or illness. Open 24/7. If a situation seems life threatening, call 911 or go to the nearest ER.

- “Freestanding” ER locations are becoming more common in many areas. Because these ERs are not inside hospitals, they may look like urgent care centers. When you receive care at an ER, you’re billed at a much higher cost than at other health care facilities.

### Conditions treated**
- Sudden numbness, weakness
- Uncontrolled bleeding
- Seizure or loss of consciousness
- Shortness of breath
- Chest pain
- Head injury/major trauma
- Blurry or loss of vision
- Severe cuts or burns
- Overdose

### Your cost and time
- Costs lower than emergency room (ER)
- No appointment needed
- Wait times vary

### Cost and time
- Highest cost
- No appointment needed
- Wait times may be long

### Conditions treated**
- Fever and flu symptoms
- Minor cuts, sprains, burns, rashes
- Headaches
- Lower back pain
- Joint pain
- Minor respiratory symptoms
- UTIs

## Cigna Health Information Line
A telephone service staffed by clinicians who help you understand and make informed decisions about health issues you are experiencing, at no extra cost. These clinicians can help you choose the right care in the right setting at the right time, whether it’s reviewing home treatment options, following up on a PCP’s appointment or finding the nearest in-network urgent care center. Just call the number on your Cigna ID card, go to myCigna.com or use the myCigna® App.*** Open 24/7.
Cigna provides access to virtual care through national telehealth providers as part of your plan. Providers are solely responsible for any treatment provided to their patients. Video chat may not be available in all areas or with all providers. This service is separate from your health plan’s network and may not be available in all areas or under all plan types. A primary care provider referral is not required for this service. Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations.

** This list is not all-inclusive and is for informational purposes only.

*** The downloading and use of the myCigna Mobile App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

This information is for educational purposes only. It is not medical advice. You should consider all relevant factors and consult with your treating doctor when selecting a provider for care. During a medical emergency, go to the nearest hospital or call 911.

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