

A close-up photograph of a man and a woman embracing outdoors. The man, on the left, has a beard and is wearing a dark blue shirt. The woman, on the right, is wearing a red tank top and a white headscarf with a pink and green floral pattern. She is smiling and looking down. The background is a blurred green landscape.

**Support you can turn to  
when your world turns  
upside down**

**Cigna Healthcare Cancer Care**



# The benefits you need when you need them most

Receiving a cancer diagnosis can fill you with confusion and uncertainty. But here's one thing you can be sure of: You're not alone. **Cigna Healthcare® Cancer Care** provides a wide range of oncology-specific benefits and services to help support you and your family.

- **Reviews from the National Cancer Institute (NCI)** – Making informed care decisions early on in your diagnosis is important. When appropriate, your care may be reviewed by specialists from the National Cancer Institute to assess your treatment options and make recommendations.
- **Quality infusion services** – Cigna Pathwell Specialty® provides access to a wide network of quality hospitals and other providers for your chemo regimen, including home infusion services. Some in-network infusion sites offer private rooms and other amenities.
- **Specialty medication coverage** – If your plan includes the SaveOnSP program, you'll be eligible for copay assistance<sup>1</sup> on certain specialty medications, reducing your out of pocket costs to as little as \$0.
- **Wig/Hair prosthesis coverage** – Most plans will cover 85% of your costs for wigs, cold caps and more. Once you reach your out-of-pocket maximum, these products are covered 100%.
- **Holistic support** – Receive coverage for acupuncture,<sup>2</sup> and get three free consultations with a nutritionist through Foodsmart®.<sup>3</sup>

Be sure to review your benefit documents to see which services are available through your plan.



## Convenient care for your emotional health

With over 460,000 behavioral health providers in our network—for both in-office and virtual<sup>4</sup> therapy—you're sure to find a provider to fit your needs. No-cost therapy sessions may also be available through your employee assistance program (EAP).



## One-on-one support from people who care

You may have been contacted by a Cigna Healthcare oncology nurse advocate<sup>5</sup>. If not, someone may reach out to you in the near future. Our trained professionals are here to help you:

- Understand your diagnosis, treatments and possible side effects;
- Coordinate care between your doctors;
- Connect to oncology-specific behavioral specialists; and Navigate your health care benefits and more.

Should you have questions in the meantime, you can quickly and easily connect with a Cigna One Guide® personal guide. You or a family member may call us anytime—day or night—at **800.Cigna24** (800.244-6224).

## Additional resources

Cigna Healthcare provides a host of other programs and services to help support you and your family members.

- Caregiver Bridge Program
- Advanced clinical trials<sup>6</sup>
- Financial/Legal support<sup>7</sup>
- Childcare/Housekeeping referrals<sup>7</sup>
- HelloFresh® discounts
- Discounts on wellness products and services, including gym memberships, wearable fitness trackers and more<sup>8</sup>



## Questions to ask your oncologist

It's natural to feel overwhelmed by all your doctor and oncology visits. Writing down your questions ahead of time can help you get the answers you need. Here are a few to consider:

- What do I need to know about my cancer?
- What are my treatment options?
- What are the most common side effects of each treatment?
- How soon do I need to make a decision about treatment?
- Where can I get more information about my type of cancer?

It can also help to have a friend or family member with you to take notes, offer support and help you remember what was discussed.

## How to get the support you and your family need

- For claims questions, benefits information or to reach our 24/7 Health Information Line, call the number on the back of your ID card.
- For oncology support, call **800.615.2909**.
- To connect to virtual therapy, visit **myCigna.com** > Find Care & Costs.
- To connect with EAP resources, visit **myCigna.com** > Coverage > EAP.
- To receive added support for you and/or your family members, register for the Caregiver Bridge Program at **Caregiverbridge.com**.

### Need help with your benefits?

To view your deductibles, claims and benefits, log in to **myCigna.com**® or the **myCigna**® App. Or call **800.Cigna24**. We're here 24/7 to address any questions or concerns you may have.

1. SaveOnSP copay assistance provides specialty medications for as little as \$0 out of pocket. SaveOnSP is only available to non-Health Savings Account (HSA) plans. If your plan offers multiple plan options and you'd like to participate, you'll need to select a non-HSA plan during open enrollment. If you select an HSA plan during open enrollment, you won't be eligible for the SaveOnSP program.

2. Acupuncture may be covered by your plan. If not, Cigna Healthy Rewards or the EAP offers discounts.

3. Foodsmart will confirm eligibility and coverage.

4. Cigna Healthcare provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. Refer to plan documents for complete description of virtual care services and costs.

5. These health advocates are trained nurses. They have a current nursing license in at least one state. When working as a health advocate, they are not practicing nursing or giving medical advice.

6. Leal Health clinical trials may need to be covered by your medical benefits.

7. Available through your EAP.

8. **Healthy Rewards programs are NOT insurance.** Rather, these programs give a discount on the cost of certain goods and services. The customer must pay the entire discounted cost. Some Healthy Rewards programs are not available in all states, and programs may be discontinued at any time. Participating providers are solely responsible for their goods and services.

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