

# My 2024 Passport to Health.

Guiding your journey to your healthiest self.

## My care starts here

1

Schedule your in-person or telehealth yearly health check-up.



2

Complete your Health Risk Assessment (HRA).



3

Get your recommended preventive screenings.



4

Keep track of your care in this Passport.



### Look for your HRA survey in the mail.

Fill out your yearly HRA survey to help your doctor create a care plan that meets your individual needs. It's quick and easy.

### Complete your HRA survey:

- Within 90 days of enrolling.
- Yearly, to meet your changing needs.

### Submit your HRA survey:

- By mail: use the prepaid envelope.
- By phone: call 1-800-331-6769 (TTY 711), Monday – Friday, 8 a.m. – 5 p.m. CST.



## My information

### This book belongs to

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### My emergency contact

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### My allergies

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### My medical history

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### My primary care provider (PCP)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### My pharmacy

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### My other health care professionals

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## My preventive screenings

Preventive screenings	How often needed	Date completed
Yearly health check-up	Every year	
Blood pressure screening	At least once a year	
Depression screening	Every year	
Flu shot	Every year	
Pneumonia shot	2 shots given 6 to 12 months apart*	
<b>Diabetes management</b>		
Blood sugar monitoring (HgbA1c)	At least once a year	
Kidney function monitoring	Every year	
Retinal eye exam	Every year	
Cholesterol treatment with statin medication	Ongoing/Continuous	
<b>Colon health (3 options)</b>		
Colonoscopy <b>OR</b>	Every 10 years	
Flexible sigmoidoscopy <b>OR</b>	Every 5 years	
In-home stool test	Every year	
<b>Women's health</b>		
Mammogram	At least every 2 years	
Bone density test	At least once after age 67 or within 6 months after a fracture	

### Cigna Medicare Advantage Incentives

Complete your yearly health check-up to earn rewards, and activate additional rewards for getting doctor-recommended screenings.\*\*

See next page for details.

## My added benefits

### Cigna Healthy Today card

- Your Cigna Healthcare<sup>SM</sup> Medicare Advantage plan includes a **Cigna Healthy Today**<sup>®</sup> card.
- When you earn incentives, your rewards will automatically be posted to your card.
- Rewards can be used to purchase pre-approved goods at participating retailers.
- You can visit [CignaHealthyToday.com](https://www.CignaHealthyToday.com) for more information.

### Fitness benefit with Silver&Fit

- Exercise to improve your heart health, mental health, bone health, balance and more.
- Use your fitness benefit to join a fitness center or get at-home fitness programs at no cost to you.
- Call **1-888-886-1992 (TTY 711)**, Monday – Friday, 8 a.m. – 9 p.m. EST, or visit [SilverandFit.com](https://www.SilverandFit.com).

#### Extra benefits are part of your plan.

Learn more by referring to your **Extra Benefits Guide** or by calling **Cigna Healthcare Customer Service** at the phone number on your ID card.



Learn more at [myCigna.com](https://www.myCigna.com).

## My incentives

### Incentives program

Participate in the **Cigna Medicare Advantage Incentives** program. Now you can improve your health and earn rewards on your **Cigna Healthy Today** card by completing preventive screenings and healthy activities, such as:

- Yearly health check-up
- Flu shot
- [myCigna.com](https://www.myCigna.com)<sup>®</sup> engagement
- Getting started with **Silver&Fit**<sup>®</sup>
- Additional doctor-recommended activities, such as a bone density screening, a mammogram and diabetes management

### Start earning now

- **Schedule** your yearly health check-up with your provider. If you are a new participant to the program, complete the incentive form that was mailed to you and is available at [myCigna.com](https://www.myCigna.com).
- **Ask** your provider if you qualify for additional screenings.
- **Engage** online at [myCigna.com](https://www.myCigna.com) to learn about health and wellness topics and continue earning rewards.



**Plan ahead to get healthier and save.** You may be eligible for **\$200** or more with your plan's incentive rewards.

## Get care as soon as you need it.

### Telehealth through MDLIVE®

1-866-918-7836 (TTY 711)

[MDLIVE.com/CignaMedicare](https://www.mdlive.com/CignaMedicare)

Connect with a board-certified doctor by phone or video, 24 hours a day, 7 days a week.

### Cigna Healthcare Customer Service

Call the number on your customer ID card.

October 1 – March 31,  
7 days a week, 8 a.m. – 8 p.m. local time.

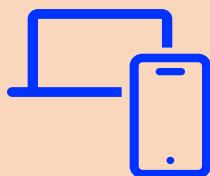
April 1 – September 30,  
Monday – Friday, 8 a.m. – 8 p.m. local time.

Our automated phone system may answer your call during weekends, on holidays and after hours.

### Urgent care

Search the provider directory at [myCigna.com](https://www.mycigna.com) to find a center near you. Get care for minor health concerns when your doctor is unavailable and you need care right away.

If you're experiencing a life-threatening medical emergency, go to the nearest emergency department or call 911.



**Log in to your account at [myCigna.com](https://www.mycigna.com), or download the myCigna app.**

Access tools to manage your plan and select your communication preferences, including the option to **go paperless**.

## My medications

List the medications you take	Health condition	Dosage	Times per day

### Always talk to your doctor about ALL of your medications, especially if you:

- Experience side effects.
- Forget to take your medication.
- Can't afford your medication.

Prescription costs may be lower if you can get a 90-day supply.

### Write down any medication questions you want to ask your doctor.

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\*Even if you received your pneumonia shot in the past, ask your doctor about the most up-to-date recommendations.

\*\*Incentive rewards are intended to be used on health and wellness products only. Confirmed rewards will be added to your **Cigna Healthy Today** card. Completing the yearly health check-up is required to activate rewards.

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