

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

My medical history

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* | |
| Diabetes management | | |
| 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 | |
| Colon health (3 options) | | |
| Colonoscopy OR | Every 10 years | |
| Flexible sigmoidoscopy OR | Every 5 years | |
| In-home stool test | Every year | |
| Women's health | | |
| 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 incentives

Incentives program

Participate in the **Cigna Medicare Advantage Incentives** program. 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
- Getting started with **Silver&Fit**® (depending on your plan)
- Additional doctor-recommended activities, such as a bone density screening, a mammogram and diabetes management

You can also earn rewards by engaging online at myCigna.com®.

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.
- **Ask** your provider if you qualify for additional screenings.
- **Engage** online at myCigna.com to learn about health and wellness topics and continue earning rewards.
- Learn if you're eligible for **\$100** or more in incentive rewards, depending on your plan.



Learn more at myCigna.com.

Schedule your check-ups. Learn more at CignaMedicare.com/ExtraBenefits.

My added benefits



Dental health

- Better dental health helps protect your whole health, including your heart.
- Many plans cover dental services or offer an allowance toward services.

Call **1-866-213-7295 (TTY 711)**,

Monday – Friday, 8 a.m. – 9 p.m. EST.



Fitness options

- Exercise improves heart health, mental health, bone health, balance and more.
- Many plans cover fitness programs, with options at fitness centers or in-home.

Call **1-888-886-1992 (TTY 711)**,

Monday – Friday, 8 a.m. – 9 p.m. EST.



Hearing health

- Better hearing health improves whole health by treating conditions that could lead to falls or depression.
- Many plans cover hearing services or offer an allowance toward products and services, such as hearing aids.

Call **1-866-872-1001 (TTY 711)**,

Monday – Friday, 8 a.m. – 9 p.m. EST.



Vision health

- Better vision improves whole health by preventing falls, improving confidence and encouraging activity.
- Many plans cover routine, preventive and diabetic vision services and offer an eyewear allowance.

Call **1-888-886-1995 (TTY 711)**,

Monday – Friday, 8 a.m. – 9 p.m. EST.

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 ID card.

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

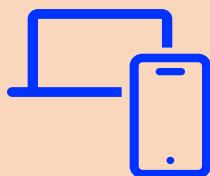
April 1 – September 30, Monday – Friday,
8 a.m. – 8 p.m. local time.

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 ER 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 |
|-------------------------------|------------------|--------|---------------|
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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.
- Use a preferred pharmacy.

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

*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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