

One-on-one support from nurses who care

Cigna Healthcare personal oncology nurse advocates.



Receiving a cancer diagnosis can be overwhelming. But with support that's part of your health plan, you don't have to face it alone.

You can count on your **personal oncology nurse advocate**¹ to help you understand your care options so you can focus on feeling better.

What is a nurse advocate?

Cigna Healthcare® has a clinical team of nurses who — for certain situations — provide ongoing support throughout your cancer journey. It's part of your medical benefits and there is no additional cost to you.

Your nurse advocate is there to support you at each step of your experience with cancer. They can offer you:

- **Guidance** in navigating your health benefits, learning how to lower your out-of-pocket costs, and preparing for appointments with your oncologist and other health care providers.
- **Coordination** of your cancer care, including help finding in-network specialists and services like transportation to appointments and financial assistance programs.
- **Connection** to a variety of cancer-specific resources, like nutrition guidance and emotional health support, as well as information about clinical trials.
- **Support** in understanding your diagnosis, treatment options and potential side effects of your medications. Your nurse advocate will also connect your caregivers to support services.

You and your nurse advocate will develop a plan for your care based on your needs. Touchpoints might be just a few quick conversations, or they could be weekly check-in calls. The goal is to help you feel more confident in managing your care and more connected to support programs and services.

Words of praise for Cigna Healthcare nurse advocates


“He would not only provide the information but would inform me of what my next steps were.”

“My nurse also referred me to a nutritionist who helped me tremendously in maximizing my nutrition when swallowing and eating were a challenge.”

“She was there when I needed help the most.”

Our caller ID says **Cigna Care Team**. Please connect with us so we can support you.

Should you have questions in the meantime, you can quickly and easily connect with someone 24/7 by calling the number on the back of your Cigna Healthcare ID card.

 **To get connected now, call the number on the back of your ID card.**

1. These nurse advocates hold current nursing licensure in at least one state. However, in this role they do not practice nursing or provide medical care or medical advice in any capacity.

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