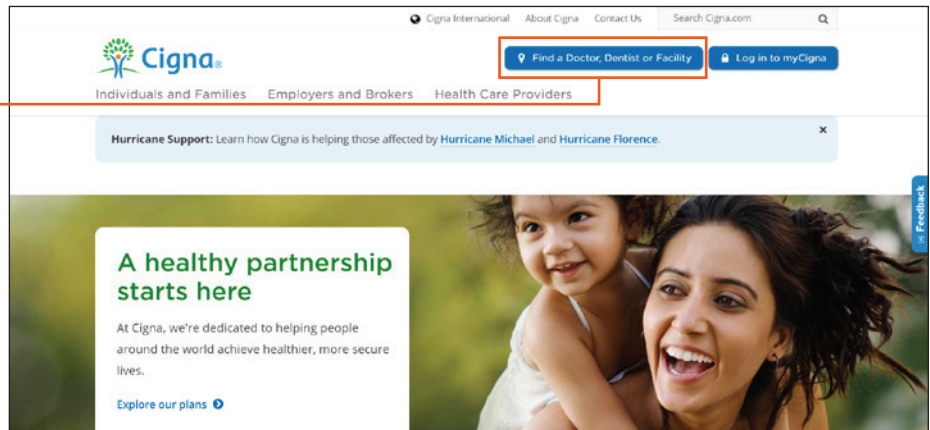


FIND A HEALTH CARE PROVIDER IN JUST A FEW CLICKS

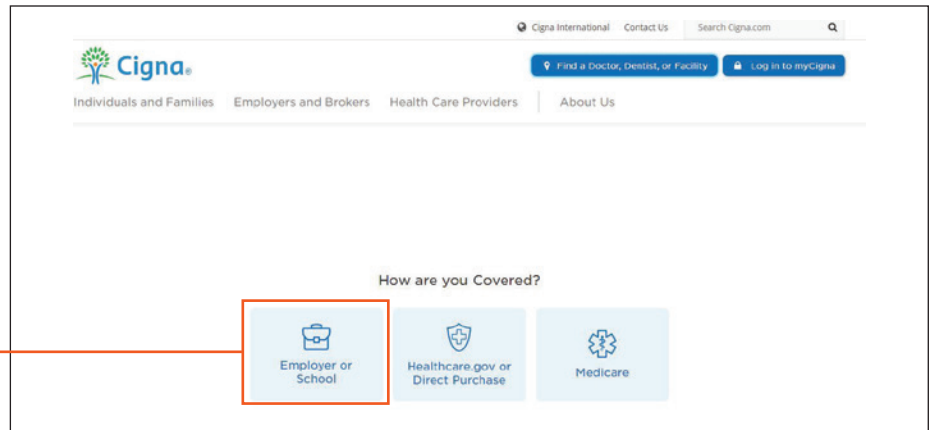
It's easy on Cigna.com.

With a growing nationwide PPO network* of quality health care providers, Cigna offers you a range of choices to help you stay healthy. Finding a provider on **Cigna.com** is simple.

1. Go to **Cigna.com** and click “Find a Doctor, Dentist or Facility.”



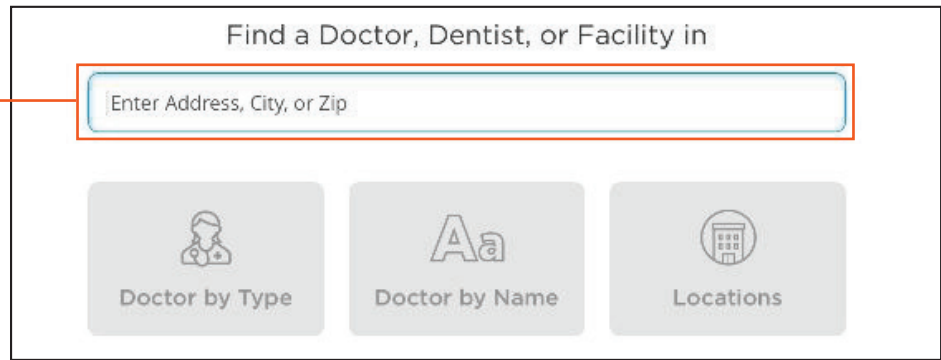
2. On the “How are you Covered?” page, select “Employer or School.”



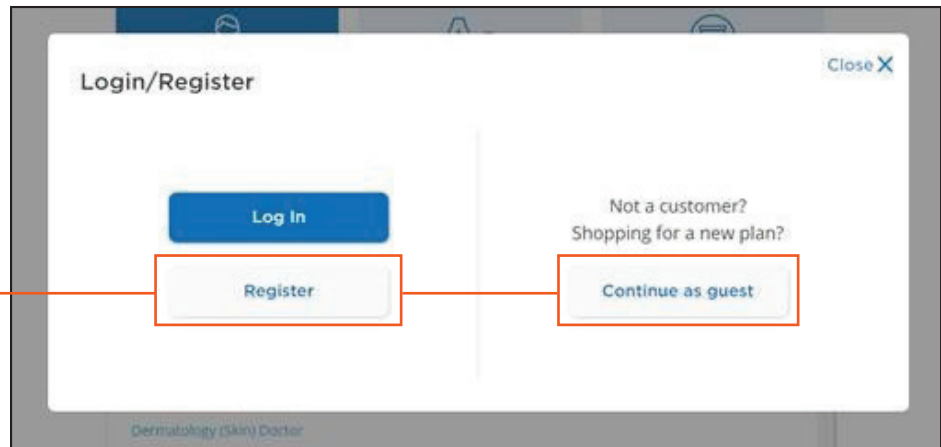
If you're looking for a mental health or substance abuse professional, please refer to the “Find a Behavioral Provider/Facility” flyer for detailed instructions. You may request this flyer from your Third-Party Administrator.



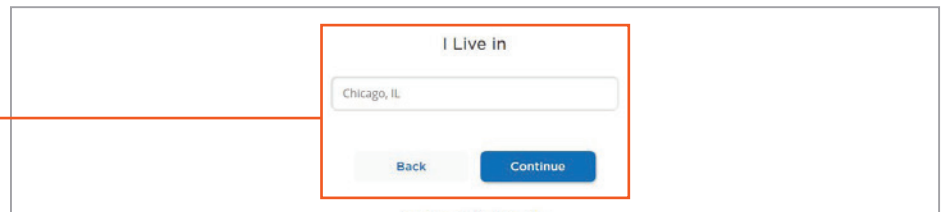
3. Enter the geographic location you want to search and select the search type.



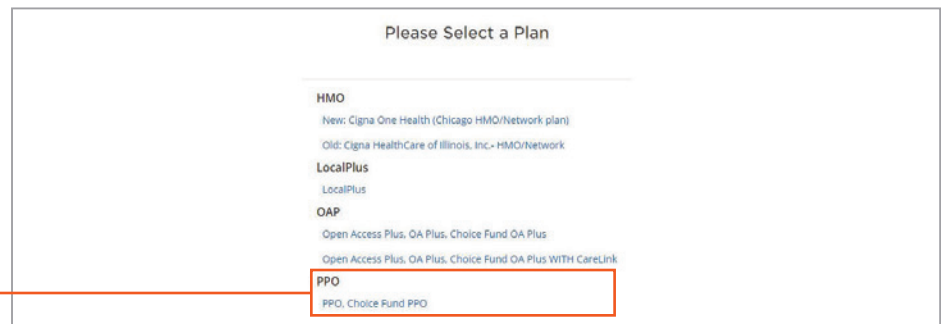
4. Members will then be prompted to either Log In or Register for **myCigna.com** or to “Continue as guest.”



5. Fill in the “I Live in” field and click “Continue.”



6. Under “Please Select a Plan,” select the PPO option that appears on your screen. (Note: The network name may appear differently in different geographical areas. For example, CA will display as “PPO, PPO Tiered”; CT will display as “PPO, PPO Choice Fund”; and TX will display as “PPO.”)



Questions?

Call the toll-free number on the back of your ID card.



* “Cigna PPO Network” refers to the health care providers (doctors, hospitals, specialists) contracted as part of the Cigna PPO Network for Shared Administration.

Quality designations, cost-efficiency and other ratings reflect a partial assessment of quality and cost-efficiency and should not be the sole basis for decision-making. They are not a guarantee of the quality of care that will be provided to individual patients. You are encouraged to consider all relevant factors and consult with your physician when selecting a health care professional or facility. Health care professionals and facilities that participate in the Cigna network are independent contractors solely responsible for the care and services provided to their patients. They are not agents of Cigna.

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