



The Summary of Benefits and Coverage (SBC) document will help you choose a health [plan](#). The SBC shows you how you and the [plan](#) would share the cost for covered health care services. NOTE: Information about the cost of this [plan](#) (called the [premium](#)) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, go online at [www.cigna.com/sp](http://www.cigna.com/sp). For general definitions of common terms, such as [allowed amount](#), [balance billing](#), [coinsurance](#), [copayment](#), [deductible](#), [provider](#), or other [underlined](#) terms, see the Glossary. You can view the Glossary at <https://www.healthcare.gov/sbc-glossary> or call 1-800-Cigna24 to request a copy.

Important Questions	Answers	Why This Matters:
<a href="#">What is the overall deductible?</a>	For <a href="#">in-network providers</a> : \$130/individual or \$390/family For <a href="#">out-of-network providers</a> : \$650/individual or \$1,950/family	Generally, you must pay all of the costs from <a href="#">providers</a> up to the <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay. If you have other family members on the <a href="#">plan</a> , each family member must meet their own individual <a href="#">deductible</a> until the total amount of <a href="#">deductible</a> expenses paid by all family members meets the overall family <a href="#">deductible</a> .
<a href="#">Are there services covered before you meet your deductible?</a>	Yes. In-network <a href="#">preventive care</a> & immunizations, office visits, emergency room visits, Infertility treatment and <a href="#">urgent care</a> facility visits.	This <a href="#">plan</a> covers some items and services even if you haven't yet met the <a href="#">deductible</a> amount. But a <a href="#">copayment</a> or <a href="#">coinsurance</a> may apply. For example, this <a href="#">plan</a> covers certain <a href="#">preventive services</a> without <a href="#">cost-sharing</a> and before you meet your <a href="#">deductible</a> . See a list of covered <a href="#">preventive services</a> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .
<a href="#">Are there other deductibles for specific services?</a>	Yes; \$100 per person for retail brand prescription drugs.	You must pay all of the costs for these services up to the specific <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay for these services.
<a href="#">What is the out-of-pocket limit for this plan?</a>	For <a href="#">in-network providers</a> : \$3,000/individual or \$6,000/family For <a href="#">out-of-network providers</a> : \$6,000/individual or \$12,000/family Combined medical/behavioral and pharmacy <a href="#">out-of-pocket limit</a>	The <a href="#">out-of-pocket limit</a> is the most you could pay in a year for covered services. If you have other family members in this <a href="#">plan</a> , they have to meet their own <a href="#">out-of-pocket limits</a> until the overall family <a href="#">out-of-pocket limit</a> has been met.
<a href="#">What is not included in the out-of-pocket limit?</a>	Penalties for failure to obtain <a href="#">pre-authorization</a> for services, <a href="#">premiums</a> , <a href="#">balance-billing</a> charges, Infertility treatment and health care this <a href="#">plan</a> doesn't cover.	Even though you pay these expenses, they don't count toward the <a href="#">out-of-pocket limit</a> .

Important Questions	Answers	Why This Matters:
Will you pay less if you use a <u>network provider</u> ?	Yes. See <a href="http://www.cigna.com">www.cigna.com</a> or call 1-800-440 DUKE (3853) for a list of <u>network providers</u> .	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the <u>provider</u> 's charge and what your <u>plan</u> pays ( <u>balance billing</u> ). Be aware your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>Specialist</u> ?	No.	You can see the <u>Specialist</u> you choose without a <u>referral</u> .



All copayment and coinsurance costs shown in this chart are after your deductible has been met, if a deductible applies.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you visit a health care <u>provider's</u> office or clinic	Primary care visit to treat an injury or illness	\$20 <u>copay</u> /visit <u>Deductible</u> does not apply	30% <u>coinsurance</u> after deductible	<u>Medically necessary</u>
	<u>Specialist</u> visit	\$55 <u>copay</u> /visit <u>Deductible</u> does not apply	30% <u>coinsurance</u> after deductible	Chiropractic care \$55 <u>copay</u> /visit. <u>Medically Necessary</u>
	<u>Preventive care/ screening/ immunization</u>	No charge <u>Deductible</u> does not apply	30% <u>coinsurance</u> after deductible	You may have to pay for services that aren't preventive. Ask your <u>provider</u> if the services needed are preventive. Then check what your <u>plan</u> will pay for.
If you have a test	<u>Diagnostic test</u> (x-ray, blood work)	10% <u>coinsurance</u> after deductible	30% <u>coinsurance</u> after deductible	<u>Medically Necessary</u>
	Imaging (CT/PET scans, MRIs)	10% <u>coinsurance</u> after deductible	30% <u>coinsurance</u> after deductible	<u>Medically Necessary</u>
If you need drugs to treat your illness or condition	Generic drugs (Tier 1)	\$15 <u>copay</u> /prescription (retail up to 34 day supply), \$25 <u>copay</u> /prescription (home delivery up to 90 day supply)	Your reimbursement will be the contracted rate less the <u>copay</u> . You pay the difference between cost and reimbursement.	After 3rd retail fill of long-term medications 50% <u>coinsurance</u> with \$15 or cost minimum and \$30 maximum. Step therapy and/or <u>pre-authorization</u> may apply.
More information about prescription drug coverage				

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
is available at <a href="http://www.express-scripts.com">www.express-scripts.com</a>	Preferred brand drugs (Tier 2)	\$50 <u>copay</u> /prescription after \$100 <u>deductible</u> (retail up to 34 day supply), \$130 <u>copay</u> /prescription (home delivery up to 90 day supply)	Your reimbursement will be the contracted rate less the <u>copay</u> . You pay the difference between cost and reimbursement.	After 3rd retail fill of long-term medications 50% <u>coinsurance</u> with \$70 minimum and \$165 maximum. No <u>deductible</u> for Duke pharmacies. Step therapy and/or <u>pre-authorization</u> may apply.
	Non-preferred brand drugs (Tier 3)	\$70 <u>copay</u> /prescription after \$100 <u>deductible</u> (retail up to 34 day supply), \$180 <u>copay</u> /prescription (home delivery up to 90 day supply)	Your reimbursement will be the contracted rate less the <u>copay</u> . You pay the difference between cost and reimbursement.	After 3rd retail fill of long-term medications 50% <u>coinsurance</u> with \$85 minimum and \$180 maximum. No <u>deductible</u> for Duke pharmacies. Step therapy and/or <u>pre-authorization</u> may apply.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	10% <u>coinsurance</u> after deductible	30% <u>coinsurance</u> after deductible	<u>Medically Necessary</u>
	Physician/surgeon fees	10% <u>coinsurance</u> after deductible	30% <u>coinsurance</u> after deductible	<u>Medically Necessary</u>
If you need immediate medical attention	<u>Emergency room care</u>	\$250 <u>copay</u> /visit <u>Deductible</u> does not apply	\$250 <u>copay</u> /visit <u>Deductible</u> does not apply	Per visit <u>copay</u> is waived if admitted. Out-of-network services are paid at the in-network cost share.
	<u>Emergency medical transportation</u>	\$250 <u>deductible</u> per day <u>Deductible</u> does not apply	\$250 <u>deductible</u> per day <u>Deductible</u> does not apply	Out-of-network air ambulance services are paid at the in-network cost share and <u>deductible</u> . Services for MH/SA diagnoses will be payable according to <u>Emergency room care</u> benefits. <u>Medically Necessary</u>
	<u>Urgent care</u>	\$35 <u>copay</u> /visit <u>Deductible</u> does not apply	\$35 <u>copay</u> /visit <u>Deductible</u> does not apply	<u>Medically Necessary</u>

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you have a hospital stay	Facility fee (e.g., hospital room)	Duke Facility \$600 <a href="#">copay</a> /admission, plus 10% <a href="#">coinsurance</a> after deductible Non-Duke Facility \$700 <a href="#">copay</a> /admission, plus 10% <a href="#">coinsurance</a> after deductible	\$900 <a href="#">deductible</a> /admission, plus 30% <a href="#">coinsurance</a> after deductible	100% penalty for no out-of-network precertification.
	Physician/surgeon fees	10% <a href="#">coinsurance</a> after deductible	30% <a href="#">coinsurance</a> after deductible	100% penalty for no out-of-network precertification.
If you need mental health, behavioral health, or substance abuse services	Outpatient services	\$20 <a href="#">copay</a> /office visit** 10% <a href="#">coinsurance</a> /all other services** ** <a href="#">Deductible</a> does not apply	30% <a href="#">coinsurance</a> after deductible/office visit 30% <a href="#">coinsurance</a> after deductible/all other services	100% penalty if no precert of out-of-network non-routine services. Includes medical services for MH/SA diagnoses.
	Inpatient services	Duke Facility \$600 <a href="#">copay</a> /admission, plus 10% <a href="#">coinsurance</a> after deductible Non-Duke Facility \$700 <a href="#">copay</a> /admission, plus 10% <a href="#">coinsurance</a> after deductible	\$900 <a href="#">deductible</a> /admission, plus 30% <a href="#">coinsurance</a> after deductible	100% penalty for no out-of-network precertification. Includes medical services for MH/SA diagnoses.
If you are pregnant	Office visits	10% <a href="#">coinsurance</a> after deductible \$20 <a href="#">copay</a> /PCP first visit \$55 <a href="#">copay</a> / <a href="#">Specialist</a> first visit	30% <a href="#">coinsurance</a> after deductible	Primary care or <a href="#">Specialist</a> benefit levels apply for initial visit (\$20 <a href="#">copay</a> Primary care or \$55 <a href="#">copay</a> <a href="#">Specialist</a> ) to confirm pregnancy. <a href="#">Cost sharing</a> does not apply for preventive services.
	Childbirth/delivery professional services	10% <a href="#">coinsurance</a> after deductible	30% <a href="#">coinsurance</a> after deductible	

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
	Childbirth/delivery facility services	Duke Facility \$600 <a href="#">copay</a> /admission, plus 10% <a href="#">coinsurance</a> after deductible Non-Duke Facility \$700 <a href="#">copay</a> /admission, plus 10% <a href="#">coinsurance</a> after deductible	\$900 <a href="#">deductible</a> /admission, plus 30% <a href="#">coinsurance</a> after deductible	Depending on the type of services, a <a href="#">copayment</a> , <a href="#">coinsurance</a> or <a href="#">deductible</a> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e., ultrasound).
If you need help recovering or have other special health needs	<a href="#">Home health care</a>	10% <a href="#">coinsurance</a> after deductible	30% <a href="#">coinsurance</a> after deductible	Coverage is limited to 100 days annual max. 16 hour maximum per day (The limit is not applicable to mental health and substance use disorder conditions.)
	<a href="#">Rehabilitation services</a>	\$55 <a href="#">copay</a> / <a href="#">Specialist</a> visit** ** <a href="#">Deductible</a> does not apply	30% <a href="#">coinsurance</a> / <a href="#">Specialist</a> visit after deductible	Coverage is limited to annual max of: Unlimited days for Pulmonary rehab; 40 days Cognitive therapy, Chiropractic care services, Physical and Occupational therapies; 20 days for Speech therapy <a href="#">Medically Necessary</a>  Limits are not applicable to mental health conditions for Physical, Speech and Occupational therapies.
	<a href="#">Habilitation services</a>	\$55 <a href="#">copay</a> / <a href="#">Specialist</a> visit** ** <a href="#">Deductible</a> does not apply	30% <a href="#">coinsurance</a> / <a href="#">Specialist</a> visit after deductible	Services are covered when <a href="#">Medically Necessary</a> to treat a mental health condition (e.g. autism) or a congenital abnormality.  Limits are not applicable to mental health conditions for Physical, Speech and Occupational therapies.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
	<a href="#">Skilled nursing care</a>	\$250 <a href="#">copay</a> /admission, plus 10% <a href="#">coinsurance</a> after deductible	\$250 <a href="#">deductible</a> /admission, plus 30% <a href="#">coinsurance</a> after deductible	100% penalty for no out-of-network precertification. Coverage is limited to 60 days annual max.
	<a href="#">Durable medical equipment</a>	10% <a href="#">coinsurance</a> after deductible	30% <a href="#">coinsurance</a> after deductible	<a href="#">Medically Necessary</a>
	<a href="#">Hospice services</a>	10% <a href="#">coinsurance</a> after deductible/inpatient services 10% <a href="#">coinsurance</a> after deductible/outpatient services	30% <a href="#">coinsurance</a> after deductible/inpatient services 30% <a href="#">coinsurance</a> after deductible/outpatient services	100% penalty for failure to precertify out-of-network inpatient <a href="#">hospice services</a> .
If your child needs dental or eye care	Children's eye exam	\$55 <a href="#">copay</a> /visit	Not covered	Limited to one routine eye exam per calendar year
	Children's glasses	Not covered	Not covered	None
	Children's dental check-up	Not covered	Not covered	None

## Excluded Services & Other Covered Services:

Services Your [Plan](#) Generally Does NOT Cover (Check your policy or [plan](#) document for more information and a list of any other [excluded services](#).)

- Acupuncture
- Cosmetic surgery
- Dental care (Adult)
- Dental care (Children)
- Long-term care
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing
- Routine foot care
- Weight loss programs

Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your [plan](#) document.)

- Bariatric Surgery (in-network only) - \$2,500 copay. Two years of service and prior authorization required. North Carolina residents must use a Duke facility.
- Chiropractic care (combined [Rehabilitation Services](#))
- Hearing aids (in-network only/2 devices per 36 months, through age 22)
- Routine eye care (Adult)
- Eye care (Children)
- Infertility treatment (in-network only) - Two years of service and prior authorization required. Various limits on coverage apply. North Carolina residents must use a Duke facility. Infertility treatment does not count towards the plan's deductible or out of pocket maximum.

### **Your Rights to Continue Coverage:**

There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Cigna at 1-800-Cigna24, Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform). Other coverage options may be available to you, too, including buying individual insurance coverage through the [Health Insurance Marketplace](#). For more information about the [Marketplace](#), visit [www.HealthCare.gov](http://www.HealthCare.gov) or call 1-800-318-2596.

### **Your Grievance and Appeals Rights:**

There are agencies that can help if you have a complaint against your [plan](#) for a denial of a [claim](#). This complaint is called a [grievance](#) or [appeal](#). For more information about your rights, look at the explanation of benefits you will receive for that medical [claim](#). Your [plan](#) documents also provide complete information on how to submit a [claim](#), [appeal](#) or a [grievance](#) for any reason to your [plan](#). For more information about your rights, this notice, or assistance, contact: Cigna Customer service at 1-800-Cigna24. You may also contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform). Additionally, a consumer assistance program can help you file your [appeal](#). Contact: North Carolina Department of Insurance at (855) 408-1212.

### **Does this plan provide Minimum Essential Coverage? Yes.**

[Minimum Essential Coverage](#) generally includes [plans](#), [health insurance](#) available through the [Marketplace](#) or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of [Minimum Essential Coverage](#), you may not be eligible for the [premium tax credit](#).

### **Does this plan meet the Minimum Value Standards? Yes.**

If your [plan](#) doesn't meet the [Minimum Value Standards](#), you may be eligible for a [premium tax credit](#) to help you pay for a [plan](#) through the [Marketplace](#).

### **Language Access Services:**

Spanish (Español): Para obtener asistencia en Español, llame al 1-800-244-6224.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-244-6224.

Chinese (中文): 如果需要中文的帮助，请拨打这个号码 1-800-244-6224.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-800-244-6224.

*To see examples of how this [plan](#) might cover costs for a sample medical situation, see the next section.*

## About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this [plan](#) might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your [providers](#) charge, and many other factors. Focus on the [cost sharing](#) amounts ([deductibles](#), [copayments](#) and [coinsurance](#)) and [excluded services](#) under the [plan](#). Use this information to compare the portion of costs you might pay under different health [plans](#). Please note these coverage examples are based on self-only coverage.

### Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

■ The <a href="#">plan's</a> overall <a href="#">deductible</a>	\$130
■ <a href="#">Specialist copayment</a>	\$55
■ Hospital (facility) <a href="#">coinsurance</a>	10%
■ Other <a href="#">coinsurance</a>	10%

This EXAMPLE event includes services like:

[Specialist](#) office visits (*prenatal care*)  
 Childbirth/Delivery Professional Services  
 Childbirth/Delivery Facility Services  
[Diagnostic tests](#) (*ultrasounds and blood work*)  
[Specialist](#) visit (*anesthesia*)

Total Example Cost	\$12,700
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In this example, Peg would pay:

Cost Sharing	
<a href="#">Deductibles</a>	\$130
<a href="#">Copayments</a>	\$600
<a href="#">Coinsurance</a>	\$1,200
What isn't covered	
Limits or exclusions	\$20
<b>The total Peg would pay is</b>	<b>\$1,950</b>

### Managing Joe's Type 2 Diabetes

(a year of routine in-network care of a well-controlled condition)

■ The <a href="#">plan's</a> overall <a href="#">deductible</a>	\$130
■ <a href="#">Specialist copayment</a>	\$55
■ Hospital (facility) <a href="#">coinsurance</a>	10%
■ Other <a href="#">coinsurance</a>	10%

This EXAMPLE event includes services like:

[Primary care physician](#) office visits (*including disease education*)  
[Diagnostic tests](#) (*blood work*)  
[Prescription drugs](#)  
[Durable medical equipment](#) (*glucose meter*)

Total Example Cost	\$5,600
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In this example, Joe would pay:

Cost Sharing	
<a href="#">Deductibles</a>	\$120
<a href="#">Copayments</a>	\$900
<a href="#">Coinsurance</a>	\$0
What isn't covered	
Limits or exclusions	\$40
<b>The total Joe would pay is</b>	<b>\$1,060</b>

### Mia's Simple Fracture

(in-network emergency room visit and follow up care)

■ The <a href="#">plan's</a> overall <a href="#">deductible</a>	\$130
■ <a href="#">Specialist copayment</a>	\$55
■ Hospital (facility) <a href="#">coinsurance</a>	10%
■ Other <a href="#">coinsurance</a>	10%

This EXAMPLE event includes services like:

[Emergency room care](#) (*including medical supplies*)  
[Diagnostic test](#) (*x-ray*)  
[Durable medical equipment](#) (*crutches*)  
[Rehabilitation services](#) (*physical therapy*)

Total Example Cost	\$2,800
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In this example, Mia would pay:

Cost Sharing	
<a href="#">Deductibles</a>	\$300
<a href="#">Copayments</a>	\$500
<a href="#">Coinsurance</a>	\$0
What isn't covered	
Limits or exclusions	\$0
<b>The total Mia would pay is</b>	<b>\$800</b>

The [plan](#) would be responsible for the other costs of these EXAMPLE covered services.

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# Discrimination is against the law.

## Medical coverage

Cigna Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Cigna Healthcare does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

### Cigna Healthcare:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact customer service at the toll-free number shown on your ID card, and ask a Customer Service Associate for assistance.



If you believe that Cigna Healthcare has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by sending an email to **ACAGrievance@Cigna.com** or by writing to the following address:

### Cigna Healthcare

Nondiscrimination Complaint Coordinator  
P.O. Box 188016  
Chattanooga, TN 37422

If you need assistance filing a written grievance, please call the number on the back of your ID card or send an email to **ACAGrievance@Cigna.com**. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

### U.S. Department of Health and Human Services

200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, DC 20201  
**1.800.368.1019, 800.537.7697 (TDD)**

Complaint forms are available at  
<https://www.hhs.gov/civil-rights/filing-a-complaint/complaint-process/index.html>

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## Proficiency of Language Assistance Services

**English** – ATTENTION: Language assistance services, free of charge, are available to you. For current Cigna Healthcare customers, call the number on the back of your ID card. Otherwise, call 1.800.244.6224 (TTY: Dial 711).

**Spanish** – ATENCIÓN: Hay servicios de asistencia de idiomas, sin cargo, a su disposición. Si es un cliente actual de Cigna Healthcare, llame al número que figura en el reverso de su tarjeta de identificación. Si no lo es, llame al 1.800.244.6224 (los usuarios de TTY deben llamar al 711).a

**Chinese** – 注意：我們可為您免費提供語言協助服務。對於 Cigna Healthcare 的現有客戶，請致電您的 ID 卡背面的號碼。其他客戶請致電 1.800.244.6224 (聽障專線：請撥 711) 。

**Vietnamese** – XIN LUU Ý: Quý vị được cung cấp dịch vụ trợ giúp về ngôn ngữ miễn phí. Dành cho khách hàng hiện tại của Cigna Healthcare, vui lòng gọi số ở mặt sau thẻ Hội viên. Các trường hợp khác xin gọi số 1.800.244.6224 (TTY: Quay số 711).

**Korean** – 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 현재 Cigna Healthcare 가입자님들께서는 ID 카드 뒷면에 있는 전화번호로 연락해주십시오. 기타 다른 경우에는 1.800.244.6224 (TTY: 디얼 711) 번으로 전화해주십시오.a

**Tagalog** – PAUNAWA: Makakakuha ka ng mga serbisyo sa tulong sa wika nang libre. Para sa mga kasalukuyang customer ng Cigna Healthcare, tawagan ang numero sa likuran ng iyong ID card. O kaya, tumawag sa 1.800.244.6224 (TTY: I-dial ang 711).

**Russian** – ВНИМАНИЕ: вам могут предоставить бесплатные услуги перевода. Если вы уже участвуете в плане Cigna Healthcare, позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки участника плана. Если вы не являетесь участником одного из наших планов, позвоните по номеру 1.800.244.6224 (TTY: 711).

– برجاء الانتباه خدمات الترجمة المجانية متاحة لكم. لعملاء Cigna Healthcare الحاليين برجاء الاتصال بالرقم المدون على ظهر بطاقةكم الشخصية. **Arabic**  
او اتصل ب 711 (TTY) 1.800.244.6224 .

**French Creole** – ATANSYON: Gen sèvis èd nan lang ki disponib gratis pou ou. Pou kliyan Cigna Healthcare yo, rele nimewo ki dèyè kat ID ou. Sinon, rele nimewo 1.800.244.6224 (TTY: Rele 711).

**French** – ATTENTION: Des services d'aide linguistique vous sont proposés gratuitement. Si vous êtes un client actuel de Cigna Healthcare, veuillez appeler le numéro indiqué au verso de votre carte d'identité. Sinon, veuillez appeler le numéro 1.800.244.6224 (ATS : composez le numéro 711).

**Portuguese** – ATENÇÃO: Tem ao seu dispor serviços de assistência linguística, totalmente gratuitos. Para clientes Cigna Healthcare atuais, ligue para o número que se encontra no verso do seu cartão de identificação. Caso contrário, ligue para 1.800.244.6224 (Dispositivos TTY: marque 711).

**Polish** – UWAGA: w celu skorzystania z dostępnej, bezpłatnej pomocy językowej, obecni klienci firmy Cigna Healthcare mogą dzwonić pod numer podany na odwrocie karty identyfikacyjnej. Wszystkie inne osoby prosimy o skorzystanie z numeru 1 800 244 6224 (TTY: wybierz 711).

**Japanese** – 注意事項：日本語を話される場合、無料の言語支援サービスをご利用いただけます。現在のCigna Healthcareのお客様は、IDカード裏面の電話番号まで、お電話にてご連絡ください。その他の方は、1.800.244.6224 (TTY: 711) まで、お電話にてご連絡ください。

**Italian** – ATTENZIONE: Sono disponibili servizi di assistenza linguistica gratuiti. Per i clienti Cigna Healthcare attuali, chiamare il numero sul retro della tessera di identificazione. In caso contrario, chiamare il numero 1.800.244.6224 (utenti TTY: chiamare il numero 711).

**German** – ACHTUNG: Die Leistungen der Sprachunterstützung stehen Ihnen kostenlos zur Verfügung. Wenn Sie gegenwärtiger Cigna Healthcare-Kunde sind, rufen Sie bitte die Nummer auf der Rückseite Ihrer Krankenversicherungskarte an. Andernfalls rufen Sie 1.800.244.6224 an (TTY: Wählen Sie 711).

**Persian (Farsi)** – توجه: خدمات کمک زبانی، به صورت رایگان به شما ارائه می شود. برای مشتریان فعلی Cigna Healthcare، لطفاً با شماره‌ای که در پشت کارت شناسایی شماست تماس بگیرید. در غیر اینصورت با شماره 1.800.244.6224 تماس بگیرید (شماره تلفن ویژه ناشنوایان: شماره 711 را شمار هگیری کنید).