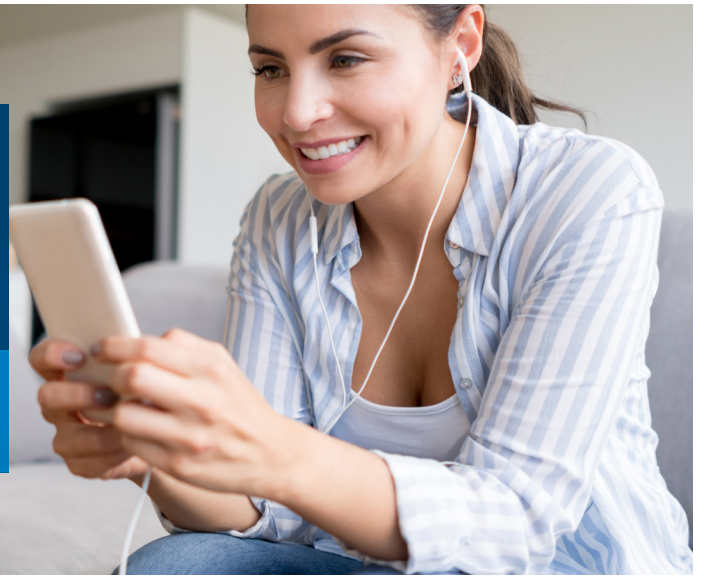






# YES, WE'RE MAKING IT EASIER FOR EMPLOYEES TO GET THE PREVENTIVE CARE THEY NEED.

Virtual wellness screenings can help break down care barriers.



Your employees are busy. So, chances are, they may not be taking the time they should to get the preventive care they need to stay healthy and productive. The convenience of virtual wellness screenings through MDLIVE can help overcome this barrier. Employees simply make their appointment online and visit a lab for their blood work and biometrics. The rest is completed online via video or phone, wherever it's most convenient for them.

## KEY BENEFITS OF VIRTUAL WELLNESS SCREENINGS

 <b>Convenient</b>	Accessible via phone, tablet or computer, no traveling, and no waiting.
 <b>Flexible</b>	Appointments available days, evenings and weekends.
 <b>Comprehensive</b>	Lab work and biometrics are required to be completed and shared with MDLIVE provider prior to virtual appointment, so visits are more focused on the employee and informative.
 <b>Preventive</b>	Proactively identify health issues such as diabetes, high cholesterol and other risk factors before they become serious and costly. Employees can also request to have their virtual wellness screening results shared with their primary care provider.



### Cost-effective

Virtual wellness screenings and the associated labs are covered at **no cost** to your employees, as part of their health plan.\*

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

# HOW VIRTUAL WELLNESS SCREENINGS WORK, STEP-BY-STEP.

<b>STEP 1</b>	Complete the MDLIVE online health assessment.
<b>STEP 2</b>	Choose an in-network lab and schedule an appointment.**
<b>STEP 3</b>	Choose an MDLIVE provider and schedule the virtual visit.
<b>STEP 4</b>	Go to lab appointment. Employees receive a notification when the results are available in the MDLIVE customer portal.
<b>STEP 5</b>	Attend the virtual visit from anywhere via phone or video. After their appointment, employees receive a summary of their screening results for their records.



## At the lab, before the virtual visit.

### A technician will conduct:

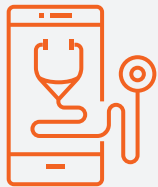
- › Lab work, including blood count, as well as metabolic, thyroid, lipid/cholesterol and diabetic testing.
- › Biometric screenings, including blood pressure, height, weight, BMI and waist circumference.\*\*



## During the virtual visit.

### The provider will:

- › Discuss any allergies and medications.
- › Review medical and family history.
- › Explain any risk factors and treatment options based on lab work and biometric screenings.
- › Guide through appropriate next steps for care if health issues are identified.
- › Discuss emotional and psychological well-being.



## Encourage your employees to try a virtual wellness screening for their next preventive care visit.

Go to [myCigna.com](https://mycigna.com), locate the “Talk to a doctor or nurse 24/7” callout and click “Connect Now.”

\* Not applicable to grandfathered/exempt plans with cost share. See your plan documents for details.

\*\* Limited to labs contracted with MDLIVE for virtual wellness screenings.

\*\*\* Biometric screening experience may vary by lab.

Cigna provides access to virtual care through national telehealth providers as part of your plan. Providers are solely responsible for any treatment provided to their patients. Video chat may not be available in all areas or with all providers. This service is separate from your health plan's network and may not be available in all areas or under all plan types. A primary care provider referral is not required for this service. Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations.

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