

Virtual care just got a whole lot better.

An approach to care that's better by design.



Cigna Healthcare® makes it easier to get fast, trusted and convenient virtual care¹ from a wide range of providers.

Sometimes all it takes is one extra hurdle—like a long wait time, difficulty finding a provider or the hassle of taking time off work—to delay a necessary appointment. But those delays can lead to more serious health issues.

No matter where you live, or how busy you are, you can see board-certified doctors and clinical specialists in days, not weeks or months.



Visit myCigna.com

> Select the Find Care and Costs tab, or download the myCigna® app.*

- Primary care²
- Urgent care
- Dermatology
- Women's health³
- Nutrition
- Physical therapy
- Musculoskeletal
- Speech therapy
- Sleep apnea
- Cardiac health
- Chronic pain
- Digestive health
- LGBTQIA+ care
- Behavioral health

When searching by doctor name, condition or keyword, you can select “virtual” providers or look for pop-up boxes showing relevant virtual care providers.

*The downloading and use of the myCigna Mobile App is subject to the terms and conditions of the App and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

Cigna Healthcare virtual care network

Virtual care from Cigna Healthcare includes nationally contracted providers — **all in network***.

Click on the provider logos below to schedule a convenient virtual visit.

Condition category	Providers	Description
Primary care/Urgent care/Dermatology		- Urgent care: over 100 non-emergency conditions - Primary care: annual checkups; ongoing care preventive screenings - Dermatology: skin, hair and nail conditions; diagnosis/treatment plan; prescriptions³
Women's health		Menopause and perimenopause; hormone health; gynecological, sexual, and reproductive health; women's preventive care
		Treats hormonal, metabolic and gynecological conditions and unexplained symptoms of the reproductive and endocrine systems
		- Lactation education (virtual and in person) - Doula services (virtual only)
		- Lactation education, pregnancy and postpartum support and resources - Aeroflow breastpumps
		- Specialized care for women 35+ navigating menopause and midlife health - Treatment plans with hormonal, non-hormonal and lifestyle therapies - Helps with weight gain, insomnia, mood swings and joint pain
		- Holistic virtual care for menopause and midlife health - Plans tailored to physical, emotional and lifestyle needs - Supports symptoms like hot flashes, brain fog and low libido
		Birth control/emergency contraception and treatment for UTI, yeast infection, bacterial vaginosis and herpes
		- Support for women from family planning through pregnancy, postpartum, and menopause 24/7 virtual care including mental health, nutrition, lactation, and newborn support
Nutritional counseling		- Work directly with a dietitian for personalized, culturally informed nutrition guidance - Help managing conditions like diabetes, heart health, kidney disease, and digestive issues
		- Personalized nutrition care by registered dietitians for health goals and conditions such as weight loss, GLP-1s, diabetes and 20+ other specialties - Mobile app for goal tracking, meal logging and 24/7 access and messaging
		- Nutrition counseling with registered dietitians - Condition-specific nutrition - Platform for meal planning, grocery lists, and budgeting support
		- Registered dietitians counsel on healthy alternatives, personalized recipes and nutrition counseling for medical conditions - Get guidance on grocery shopping and food ratings through the OptUp® program

* Standard co-pays or coinsurance will apply based on customer specific benefit plan design and services applicable, depending on state laws. Coverage varies by plan. Refer to your plan materials for a full list of covered preventive services.

Condition category	Providers	Description
Physical therapy/ Musculoskeletal		PT, OT, fall prevention and well-being coaching (stress management, nutrition, sleep, weight management)
		Diagnose and treat most common musculoskeletal and joint conditions, including pain in the neck, back, shoulders, hips, elbows, knees and feet
		Provides treatment for osteoarthritis, joint pain and lower back pain. Addresses osteoarthritis in the knees, hips, and hands, as well as pain in the lower back, neck and shoulders
Speech therapy		- Nationwide virtual speech therapy for all ages, from children to seniors - Treats speech delays, stuttering, voice disorders and language impairments associated with stroke, alzheimer's, dementia, parkinson's, brain injuries and more
Sleep apnea		- At-home sleep test and treatment - Diagnosis in days, with CPAP or oral appliance therapy options
Cardiac health		- Same-day diagnostics, instant televisits and Connected Care - ECG, continuous rhythm monitor, echocardiogram, PAD/vascular testing, coronary CTA
Chronic pain management		Comprehensive pain program care team: pain physician; PT; psychologist; certified pain coach
		Retrain the brain to manage pain using techniques grounded in psychology and neuroscience
Digestive health		- Virtual GI care for chronic digestive conditions with GI specialist support - Coordinated, team-based care focused on long-term symptom management
		- Virtual GI care with personalized nutrition support to identify food triggers - Mind-gut-focused care to help manage stress-related digestive symptoms
LGBTQIA+ care		LGBTQIA+ platform for: for gender-affirming care, primary care, sexual and reproductive health, therapy, mental health care, fertility and family building*

*Membership fees may apply and are not covered by insurance. Customers are responsible for these fees.

 **For behavioral health virtual care, visit myCigna to find the right provider for you based on your benefits, location and specific needs.**



- Cigna Healthcare provides access to virtual care through certain third-party service providers. Such third-party service providers are solely responsible for the care and treatment they deliver. Benefits are subject to plan terms and conditions, including applicable exclusions and limitations. These services may not be available in all areas.
- Virtual primary care through MD Live is only available for Cigna Healthcare medical members aged 18 and older.
- Virtual dermatological visits through MD Live are completed via asynchronous messaging. AR, DE, DC, KS, MS, NM, RI, WV require a short video introduction with a dermatologist before receiving a diagnosis and treatment plan.

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. For costs and details of coverage, contact a Cigna Healthcare representative.

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