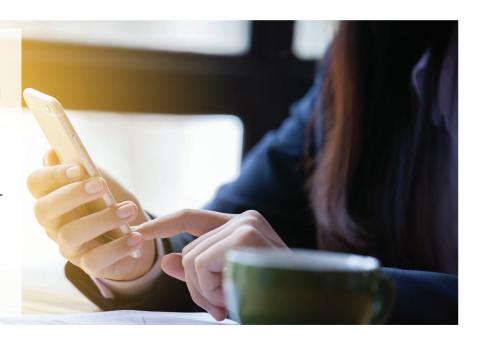
TELEMEDICINE

The right care when you need it most.

With Telehealth Connection, you can talk—by phone or video—to a doctor who can diagnose common medical conditions and even prescribe medications, if needed.



Virtual Care with Telehealth Connection Makes Seeing a Doctor Easier Than Ever

Phone and/or video visits are an excellent option for convenient, accessible care when you don't need a doctor to see you in person. Telehealth allows you to save on visits to your primary care doctor and urgent care centers. Since telehealth is available 24/7, you now have an alternative way to see a physician when you aren't feeling well, especially after hours!

Use a telemedicine visit for these common conditions:

Allergies

Cold and Flu

- Eye Infections
- · Sore throats

• Bronchitis

- Headaches/Migraines
- Rashes

Stomachaches

Behavioral/Mental Health Virtual Care

Licensed counselors and psychiatrists can diagnose, treat and prescribe most medications for nonemergency behavioral/mental health conditions, such as:

Addictions

• Depression

- Life Changes
- Stress

- Bipolar Disorders
- Eating Disorders
- Grief/Loss

• Trauma/PTSD

How do I use Telehealth Connection?

Using telehealth is as easy as 1-2-3!

Visit <u>www.mycigna.com</u> on your phone or computer to register. You will select the Cigna Telehealth Connection and then select MDLIVE. Complete a medical history using their "virtual clipboard". No separate login is necessary.

When you need care, call Cigna any time of day 24/7 at 888.726.3171 or online at www.MDLIVEforCigna.com to request an immediate consultation. A telehealth doctor is available to help assess your condition and phone in a prescription to your pharmacy.