

## 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 [www.mycigna.com](http://www.mycigna.com) 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](http://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.