

Your PCP serves as a source for advice and direction.

YOUR CIGNA HEALTHCARE ID CARD

- You'll receive your CIGNA HealthCare ID card after you've enrolled.
- Keep your CIGNA HealthCare ID card with you at all times. Show it whenever you visit a health care provider.

WORKING WITH YOUR DOCTOR

When you choose your Primary Care Physician (PCP) to be your personal physician, you establish and develop a relationship that remains a reassuring part of your plan. Each member of your family can choose his or her own PCP.

- The PCP serves as a "home base" for basic care – a source for advice and direction.
- Your PCP also coordinates your care - from preventive checkups and routine medical care to specialized care and hospitalizations.
- If required as a part of your plan, your PCP will also provide you with referrals to specialists when necessary. See your plan materials to learn whether your plan requires you to have a referral before seeing a specialist.
- If your PCP is part of a medical group, and your plan requires referrals, you may be required to see a specialist who practices in that group for services to be covered. Check with your PCP or call CIGNA HealthCare Member Services to learn whether this requirement applies to you.
- Referral-free access to OB/GYNs – As part of your plan, you can visit a participating OB/GYN at any time, without a referral, even if your plan requires referrals to other types of specialists. Please note: If your PCP is part of a medical group and your plan requires referrals you may be required to see an OB/GYN who practices in that group for services to be covered. Check with your PCP or call CIGNA HealthCare Member Services to learn whether this requirement applies to you.
- You can change your PCP at any time, for any reason.

Visit www.cigna.com to search for participating providers, find information on preventive care and other health topics, and learn more about your plan's benefits and programs.