

We give you
more reasons to
smile



What could be easier?

Helping you make the most of your
CIGNA Dental benefits

A Business of Caring.



Find dental benefits information specifically for and about you — online, @ your convenience.

Once you are enrolled in a CIGNA Dental plan, our secure, easy-to-use web site, **myCIGNA.com**, gives you the tools you need to make informed health care decisions for you and your family. Depending upon your covered dental plan benefits, you can:

- **Review** your dental plan information.
- **Learn** about the CIGNA Dental programs available to you.
- **Order** a dental ID card.
- **View** the status of dental claims for you and your dependents.
- **Find** and change network dentist offices.
- **Get** dental health news and information from trusted sources that will help you make informed dental decisions, and much more.

To get started, go to **myCIGNA.com** from any computer with internet access. Follow the simple instructions to register and access your secure personal benefits page.

Estimate and plan your dental care costs.

This user friendly, comprehensive web-based tool on myCIGNA.com allows you to get dental estimates based on **your specific plan design** and adjusted by geographic location.

You can:

- **Estimate** your out-of-pocket costs according to your specific plan design.
- **Plan** for treatment(s) or procedure(s).
- **Compare** the financial impact if you visit an in-network vs. an out-of-network dentist.
- **Check** to see what the approximate cost would be for treatments prior to the actual treatment.
- **Understand** how much money you are saving as a result of your plan membership.
- **Search** by key words, procedure codes, treatments, dental categories and much more.
- **Access** the dental glossary where you can find descriptions of key dental terms.
- **Link** directly to WebMD and take advantage of articles on how to maintain good oral care and its impact to your overall health and well-being.
- **View (DPPO and Dental Indemnity)** your specific plan information such as annual maximums, annual deductibles, and much more.
- **View (DHMO)** your specific plan information such as Patient Charge Schedule, age and frequency limitations, and much more.

Register Today!



Manage your dental health using a number of interactive tools.

myCIGNA.com also gives members access to **dental health content** via WebMD. Learn about daily dental care, common dental problems, as well as treatments and suggestions for common dental conditions. You will have access to over 200 articles on topics such as:

- Dental Care and Heart Disease
- Dental Care and Diabetes
- Oral Health Needs for Women
- Senior Dental Care, and much more

Health Quotient™ – Health Risk Assessment

Take a brief questionnaire and get recommendations based on your health profile to help you enhance your health and well-being.

Drug Compare®

Learn about condition-specific drug treatments and compare side effects and drug interactions for more than 200 commonly prescribed medications.

Select Quality Care™ – Hospital Selection Tool

Compare hospitals according to key factors related to a specific illness or procedure (number of patients treated, unfavorable outcomes, average hospital charges, etc.).

Audio Library – over 1,000 health and dental topics

Visit the “Health Resources” tab on myCIGNA.com to view a list of topics available and how to access the Audio Library.

Locate participating providers and create your own personal dental directory.

If you are enrolled or thinking about enrolling in a CIGNA Dental plan, it's quick and easy to search for participating network dentists and specialists at **www.cigna.com**. You can also create, download, and print a personal directory to have on hand anytime you need it.

- **Select** “Provider Directory” on the cigna.com home page.
- **Enter** your criteria – search by name for a specific provider, or by location and distance to find one close by.
- **Indicate** your plan and the type of dentist you need.
- **Review** the results. Get a complete profile including education, languages spoken, and a detailed map with directions. (*Driving directions are not available in Puerto Rico.*)





CIGNA Healthy Rewards®

Expand your health options – at discounted prices

Through **Healthy Rewards®**, CIGNA Dental members get access to a range of health and wellness programs and services often not covered by many traditional benefits plans. **Healthy Rewards** also can save you money whenever you use **Healthy Rewards** participating providers. To find them, visit myCIGNA.com.

CIGNA Dental members may need to show an ID card to obtain discounts. You can print an ID card by visiting myCIGNA.com.

Healthy Rewards® Programs include:

- Weight Watchers®
- Jenny Craig
- 10,000 steps exercise program
- Fitness club memberships
- QuitNet® and Tobacco Solutions™ smoking cessation programs
- Chiropractic care
- Acupuncture
- Massage therapy
- Eye exams, frames and lenses
- Laser vision correction
- Hearing care
- Sonicare® discount
- Magazine discounts
- Natural supplements
- Anti-cavity products from Epic
- And much more!

Some Healthy Rewards are not available in all states. A discount program is NOT insurance and the member must pay the entire discounted charge. If your CIGNA HealthCare plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. Healthy Rewards programs are separate from your medical benefits.

CIGNA Dental refers to the following operating subsidiaries of CIGNA Corporation: Connecticut General Life Insurance Company, and CIGNA Dental Health, Inc., and its operating subsidiaries and affiliates. The CIGNA Dental Care plan is provided by CIGNA Dental Health Plan of Arizona, Inc., CIGNA Dental Health of California, Inc., CIGNA Dental Health of Colorado, Inc., CIGNA Dental Health of Delaware, Inc., CIGNA Dental Health of Florida, Inc., a Prepaid Limited Health Services Organization licensed under Chapter 636, Florida Statutes, CIGNA Dental Health of Kansas, Inc. (Kansas and Nebraska), CIGNA Dental Health of Kentucky, Inc., CIGNA Dental Health of Maryland, Inc., CIGNA Dental Health of Missouri, Inc., CIGNA Dental Health of New Jersey, Inc., CIGNA Dental Health of North Carolina, Inc., CIGNA Dental Health of Ohio, Inc., CIGNA Dental Health of Pennsylvania, Inc., CIGNA Dental Health of Texas, Inc., and CIGNA Dental Health of Virginia, Inc. In other states, the CIGNA Dental Care plan is underwritten by Connecticut General Life Insurance Company or CIGNA HealthCare of Connecticut, Inc. and administered by CIGNA Dental Health, Inc. CIGNA Dental refers to the following operating subsidiaries of CIGNA Corporation: Connecticut General Life Insurance Company and CIGNA Dental Health, Inc., and its operating subsidiaries. The CIGNA Dental PPO is underwritten or administered by Connecticut General Life Insurance Company with network management services provided by CIGNA Dental Health, Inc., and certain of its operating subsidiaries. In Texas, the CIGNA Dental PPO product is referred to as the CIGNA Dental Choice Plan. In Arizona and Louisiana, the CIGNA Dental PPO product is referred to as the CG Dental PPO. The CIGNA Traditional plan is underwritten or administered by Connecticut General Life Insurance Company. In Arizona and Louisiana, the CIGNA Traditional plan is referred to as CG Traditional.



CIGNA

A Business of Caring.