

Critical Illness wellness incentive benefit.

Wellness Treatment, Health Screening Test or Preventive Care Incentive Benefit.

Cigna Healthcare Critical Illness Insurance

Your Cigna HealthcareSM Critical Illness insurance plan comes with a \$50 Wellness Treatment*, Health Screening Test or Preventive Care incentive benefit. This benefit is paid for each covered person who completes at least one wellness treatment, health screening test or preventive care, as specified below. This benefit is limited to one per year per covered person.

And when you enroll in Cigna Healthcare medical AND Cigna Healthcare Supplemental Health insurance, you are automatically eligible for Cigna Simple File[®] Auto Pay. That means we will automatically pay you for taking care of yourself. There's no paperwork to file and no phone calls to make – it's the continuous connection between your Cigna Healthcare insurance plans. All you need to do is watch out for your benefit payment.

Wellness treatments

- Adult immunizations
- Annual routine preventative dental exam
- Annual routine ophthalmological exam including refraction
- Cancer screenings
- Colorectal cancer screenings
- General health exams
- Lead poisoning screenings
- Osteoporosis screenings
- Routine gynecological exams
- Routine prostate exams
- Well child care – including visits, labs and immunizations

Health screening tests

- Bone marrow testing
- Breast cancer blood test (CA 15-3)
- Breast ultrasound
- Chest x-ray
- Colon cancer blood test (CEA)
- Colonoscopy
- Fasting blood glucose test
- Flexible sigmoidoscopy
- Hemocult stool specimen
- Mammography
- Myeloma blood test (serum protein electrophoresis)
- Ovarian cancer blood test (CA125)
- Pandemic infectious disease immunization
- Pandemic infectious disease test and screening
- Pap smear for women over 18
- Prostate-specific antigen (for prostate cancer)
- Serum cholesterol test to determine levels of HDL and LDL
- Stress test on a bicycle or treadmill
- Thermography
- Triglycerides blood test

* In Washington, Wellness Benefits are known as Health Screening Benefits.



Preventive Care**

The Patient Protection and Affordable Care Act (PPACA) requires preventive health services as recommended by the following expert medical and scientific bodies:

1. The United States Preventive Services Task Force (USPSTF);
2. The Advisory Committee on Immunization Practices (ACIP);
3. The Health Resources and Services Administration (HRSA's) Bright Futures Project; and
4. HRSA and the Institute of Medicine (IOM) committee on women's clinical preventive services.

Detailed information is available at www.healthcare.gov/coverage/preventive-care-benefits.

Benefit exclusions and limitations

Services must be provided under the direction of a physician.

To easily file your claim online:

1. Log in to myCigna.com®
2. Under the "Coverage" tab at the top of the screen select "Supplemental Health"
3. Scroll to the bottom of the page and click "Submit a claim"
4. Complete the online claim form

myCigna® also allows you to:

- Enroll in direct deposit
- View personalized Supplemental Health plan information
- Track the status of claims
- Monitor and respond to correspondence
- View Explanations of Benefits (EOBs)



** Not all preventive care services are covered and different plans may cover different things. For example, immunizations for travel are usually not covered. See your plan materials for a complete list of covered preventive care services.

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