

00:03 Welcome to

00:04 your Cigna Health Care Medicare Advantage plan.

00:07 I'm Dr. Grant Tarbox,

00:08 here to help with a few simple tips

00:10 to help you make the most of your benefits.

00:13 Start by scheduling your yearly checkup

00:16 and preventive screenings. They're covered.

00:18 Most plans

00:19 also cover

00:20 dental, vision and hearing at no added cost.

00:24 Here's another perk.

00:26 Do you know about your Cigna Healthy Today card?

00:28 This convenient card

00:29 makes it easy to use allowances

00:31 towards select benefits.

00:33 Speaking of benefits, you can also earn rewards

00:36 up to \$200 for completing healthy activities.

00:40 Most plans

00:41 also include your prescription drug coverage.

00:44 Better yet,

00:45 most generic maintenance medications are covered

00:48 at no cost to you

00:49 when you choose our home delivery pharmacy.

00:52 There's also a quarterly over-the-counter
00:54 allowance to use towards
00:56 health and wellness products,
00:57 which most plans have.
00:59 You can use it to purchase
01:00 or order products in-store, by mail, online,
01:04 or over the phone.
01:06 And when you need to see a doctor
01:07 but can't make an in-person visit,
01:09 you have virtual care options.
01:11 You can talk with medical,
01:13 behavioral health,
01:14 and physical therapy providers
01:16 right from your home.
01:18 You're my Cigna online portal, and my Cigna app
01:21 are great ways to find doctors, price
01:24 medications, review claims, get ID cards
01:27 and much more.
01:29 Ready to explore all that your plan offers?
01:32 Log into my Cigna dot com.
01:34 Thank you for choosing Cigna Health Care.
01:36 You've chosen wisely.