

2023 SUPPLEMENTAL BENEFITS GUIDE

Cigna Medicare Advantage

Delaware, Maryland, Virginia, Washington D.C. (HMO)

Together, all the way.®





ADDED BENEFITS FOR BETTER OVERALL HEALTH

And the guidance to make it easier overall.

At Cigna, part of our commitment to your whole health means giving you more ways to get healthier – and stay healthier. As a Cigna Medicare Advantage customer, you have all the coverage of Original Medicare plus a wide range of added benefits.

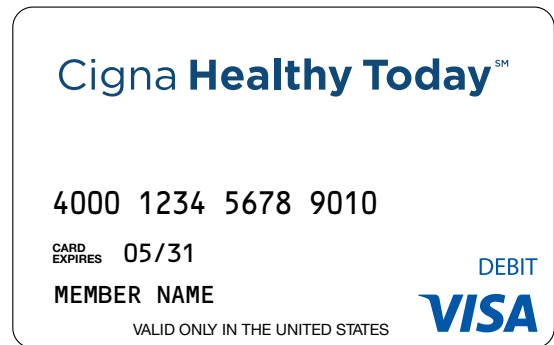
Your added benefits include helpful services and programs designed to improve your health, well-being and peace of mind. Please keep this guide in a convenient place so it's easy to find the right information when you need it.

This guide highlights benefits that may be part of your plan. To find out what specific benefits your plan offers, refer to your Evidence of Coverage (EOC) at [CignaMedicare.com/resources](https://www.cignamedicare.com/resources).

NEW CIGNA HEALTHY TODAY CARD

Your Cigna Medicare Advantage Plan now includes a **Cigna Healthy TodaySM card**. This preloaded benefit card gives you easy access to select allowance benefits that may be part of your plan.* These select benefits may include:

- Over-the-Counter Allowance



Your **Cigna Healthy Today card** also includes incentive reward amounts for completing healthy activities. These reward amounts will automatically be posted to your card and can be used to purchase pre-approved goods via an online catalog or at participating retailers. For more information on the Cigna Medicare Advantage Incentives program, refer to page 10 of your *Customer Handbook*.

To learn more about your select allowance benefits, review the information in this guide. For questions, call **Cigna Customer Service** at **1-800-668-3813 (TTY 711)**, 8 a.m. – 8 p.m. local time. October 1 to March 31: 7 days a week. April 1 to September 30: Monday to Friday. Messaging service used on weekends, after hours and on federal holidays.

HOW TO USE YOUR CIGNA HEALTHY TODAY CARD

1. Depending on your plan, funds will be loaded automatically onto your **Cigna Healthy Today card** each month, quarter or year.**
2. Bring your card with you when paying for covered items at participating retailers or for other designated services.
3. To check your card balance, go to **CignaHealthyToday.com** or call **Cigna's Healthy Today card** vendor at **1-866-851-1579 (TTY 711)**. You can also log in to **myCigna.com** to view your balance and get more information about your card.

*Benefits, coverage and amounts vary by plan. Limitations, exclusions and restrictions may apply.

**Allowance amounts do not carry over to the next frequency period (i.e., monthly, quarterly or annually).

BENEFIT

HOW TO USE

WHOM TO CONTACT



Dental Services

Your plan may include a range of preventive dental services, such as oral exams and cleanings. Some plans may include comprehensive dental coverage, which may cover fillings, extractions, root canals, dentures and other services.*

*Limitations, exclusions and restrictions may apply.

1. You will receive a *Cigna Dental Guide* in your Welcome Kit or end-of-year renewal mailing. Review this information to know what services are covered under your plan.
2. To find a dentist in your area, go to **CignaMedicare.com/resources** to search the online directory or call **Cigna Dental Customer Service**.
3. After you've selected an in-network dentist, call the provider directly to schedule an appointment.

Cigna Dental Customer Service
1-866-213-7295 (TTY 711)
 8 a.m. – 8 p.m. local time
 October 1 – March 31:
 7 days a week
 April 1 – September 30:
 Monday – Friday
 Messaging service used weekends, after hours, and on federal holidays.



Fitness Program

Get healthier with Cigna's fitness benefit provided by the Silver&Fit® Healthy Aging and Exercise program. The program offers flexible fitness options that let you exercise at your local gym, join classes from home and access personalized resources to support your healthy aging journey.




You can choose from over 15,500+ standard participating fitness centers, or work out in the comfort of your home with a Silver&Fit Home Fitness Kit.* You can select one home kit per benefit year from a variety of options, including a Fitbit® or Garmin® wearable fitness tracker.

*Call Silver&Fit Customer Service to change your fitness center. You may change fitness centers once per month. The change will be effective the first of the following month. Non-standard services that call for an added fee are not part of the Silver&Fit program and will not be reimbursed. Once selected, Home Fitness Kits cannot be exchanged.

Enroll on or after **January 1, 2023**.

1. Go to **SilverandFit.com** and register.
2. Choose a participating fitness center and/or select one Home Fitness Kit.
3. You can also enroll by calling **Silver&Fit** Customer Service.

Silver&Fit®
1-888-886-1992 (TTY 711)
 Monday – Friday,
 8 a.m. – 9 p.m. EST
SilverandFit.com

BENEFIT	HOW TO USE	WHOM TO CONTACT
 Hearing Services		
<p>Your plan may include a supplemental hearing benefit that covers a routine hearing exam, a hearing aid fitting evaluation and a hearing aid allowance. This benefit is managed by Cigna’s hearing vendor, Hearing Care Solutions. Routine hearing exams and supplemental hearing aids must be obtained from providers in Cigna’s hearing vendor network. You are responsible for all costs over the maximum coverage amount.</p>	<p>To find a hearing health care provider in your area and/or to schedule an appointment, call Hearing Care Solutions.</p>	<p>Hearing Care Solutions 1-866-872-1001 (TTY 711) Monday – Friday, 7 a.m. – 7 p.m. CST HearingCareSolutions.com/ cigna-medicare</p>
 Home-Delivered Meals		
<p>You may be able to receive 14 home-delivered meals to help make your transition more comfortable after an inpatient hospital or skilled nursing facility stay.* This benefit is available up to three (3) times each year.</p> <p>Customers enrolled in an end-stage renal disease (ESRD) care management program may be able to get up to 56 home-delivered meals each year to assist in meeting the complex nutritional needs associated with this disease. Please refer to your EOC for more information.</p> <p><small>*Releases from an emergency department, observation stay or outpatient visit are not eligible. Some benefits may vary by plan.</small></p>	<p>If you’re eligible after you’re discharged from the hospital or skilled nursing facility, or enrolled in the ESRD care management program, Cigna’s meal provider will contact you to schedule delivery.</p>	<p>Cigna Customer Service 1-800-668-3813 (TTY 711)</p>
 Insulin Savings Program		
<p>Your plan may offer low-cost, predictable copays on Select Insulin drugs. This applies when you are in the deductible, initial coverage and coverage gap phases of the Part D benefit. This does not apply once you reach the catastrophic coverage phase. If you receive Extra Help, you do not qualify for this program; instead, your Low Income Subsidy (LIS) copay level will apply.</p>	<p>Refer to your EOC for specific copay amounts. To learn more about this benefit, call Cigna Customer Service.</p>	<p>Cigna Customer Service 1-800-668-3813 (TTY 711)</p>

This guide highlights benefits that may be part of your plan. To find out what specific benefits your plan offers, refer to your EOC. Some benefits vary by plan. Restrictions may apply.

**Over-the-Counter (OTC) Allowance**

Your plan may include an over-the-counter (OTC) quarterly allowance to help cover the cost of OTC drugs and other health-related pharmacy products, such as bandages, aspirin, cold and sinus medicine, vitamins, and much more. The dollar value of your quarterly allowance depends on your plan. You can use your full quarterly allowance anytime during the quarter.

Your OTC allowance will be applied to your **Cigna Healthy Today card** each quarter. You can use the card to make online, phone or mail orders from Cigna's Healthy Today card vendor. Or you can purchase approved OTC items at participating retail locations. The benefit applies to a specified quarterly amount and does not carry over to the next quarter or the following year.



1. Verify your quarterly allowance by reviewing your EOC.
2. Go to **CignaHealthyToday.com** to check your card balance, review program details, view a list of available items or get a listing of participating retailers.
3. Place your OTC order in any of the following ways:
 - Call Cigna's Healthy Today card vendor or visit their website.
 - Complete the order form located in your OTC catalog included in your Welcome Kit or end-of-year renewal mailing.
 - Visit a participating retailer and purchase pre-approved products using your **Cigna Healthy Today card**.

Cigna's Healthy Today card vendor**1-866-851-1579 (TTY 711)**Monday – Friday,
8 a.m. – 11 p.m. EST**CignaHealthyToday.com****Telehealth Urgent Care Services**

For nonemergency care when your doctor isn't available, you can talk anytime with an MDLIVE telehealth provider about a number of health issues, including allergies, cough, headache, sore throat, behavioral health concerns and other minor illnesses. Communication with an MDLIVE doctor can be by phone or video.

Go to **MDLIVE.com/CignaMedicare** to complete the MDLIVE registration process and provide a brief medical history, or call MDLIVE directly.*

*MDLIVE telehealth services will only be covered for Cigna customers who have registered via MDLIVE's website or by calling MDLIVE's Customer Service.

MDLIVE**1-866-918-7836 (TTY 711)**24 hours a day, 7 days a week
MDLive.com/CignaMedicare**Transportation Services**

Your plan may include routine health-related transportation coverage. This coverage provides a specified quantity of nonemergency one-way trips to and from approved health-related locations within 60 miles.

This covers vans, taxis, wheelchair-equipped vehicles or Lyft rideshare service (where available), arranged through Access2Care. Any other means of nonemergency transportation requires authorization. The maximum number of trips varies according to your plan.

1. Call **Access2Care** to schedule your transportation services or to learn more about your benefit.
2. You must request transportation 48 hours before your appointment. There are cancellation requirements and restrictions.

Access2Care**1-888-235-8146****(TTY number:****1-855-823-8587)**

24 hours a day, 7 days a week



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Out-of-network/non-contracted providers are under no obligation to treat Cigna members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

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