

## SCHEDULE OF BENEFITS

**Cigna Healthcare<sup>SM</sup> Small Group Tennessee Silver \$5500  
LocalPlus<sup>®</sup> Plan**



Plan Highlights	In-Network	Out-of-Network
<b>Lifetime Maximum</b>	Unlimited	Unlimited
<b>Plan Year Accumulation</b>	Your Plan's Deductibles, Out-of-Pockets and benefit level limits accumulate on a plan year basis unless otherwise stated. In addition, all plan maximums and service-specific maximums (dollar and occurrence) cross-accumulate between In- and Out-of-Network unless otherwise noted.	
<b>Plan Coinsurance</b>	Plan pays 60%	Plan pays 50%
<b>Maximum Reimbursable Charge</b>	Not Applicable	110%
<b>Plan Deductible</b>	Individual: \$5,500 Family: \$11,000	Individual: \$11,000 Family: \$22,000
<ul style="list-style-type: none"> <li>Only the amount you pay for in-network covered expenses counts towards your in-network deductible. Only the amount you pay for out-of-network covered expenses counts towards your out-of-network deductible.</li> <li>Plan deductible always applies before any benefit copay/deductible or coinsurance.</li> <li>Family members meet only their individual deductible and then their claims will be covered under the plan coinsurance; if the family deductible has been met prior to their individual deductible being met, their claims will be paid at the plan coinsurance.</li> </ul> <p><b>Note:</b> Services where plan deductible applies are noted with a caret (^).</p>		
<b>Plan Out-of-Pocket Maximum</b>	Individual: \$9,000 Family: \$18,000	Individual: \$20,000 Family: \$40,000
<ul style="list-style-type: none"> <li>Only the amount you pay for in-network covered expenses counts toward your in-network out-of-pocket maximum. Only the amount you pay for out-of-network covered expenses counts toward your out-of-network out-of-pocket maximum.</li> <li>Plan deductible contributes towards your out-of-pocket maximum.</li> <li>All benefit copays/deductibles contribute towards your out-of-pocket maximum.</li> <li>Covered expenses that count towards your out-of-pocket maximum include customer paid coinsurance and charges for Mental Health and Substance Use Disorder. Out-of-network non-compliance penalties or charges in excess of Maximum Reimbursable Charge do not contribute towards the out-of-pocket maximum.</li> <li>After each eligible family member meets his or her individual out-of-pocket maximum, the plan will pay 100% of their covered expenses. Or, after the family out-of-pocket maximum has been met, the plan will pay 100% of each eligible family member's covered expenses.</li> <li>This plan includes a combined Medical/Pharmacy out-of-pocket maximum.</li> </ul>		

Benefit	In-Network	Out-of-Network
<b>Note: Services where plan deductible applies are noted with a caret (^). Plan deductible always applies before benefit copays/deductibles.</b>		
<b>Physician Services - Office Visits</b>		
<b>Primary Care Physician (PCP) Services/Office Visit</b>	\$55 copay, and plan pays 100%	Plan pays 50% ^
<b>Specialty Care Physician Services/Office Visit</b>	\$110 copay, and plan pays 100%	Plan pays 50% ^
<b>Surgery Performed in Physician's Office</b>	Covered same as Physician Services - Office Visit	Plan pays 50% ^
<b>Virtual Care</b>		
<b>Dedicated Virtual Providers - MDLIVE</b>		
<b>MDLIVE Urgent Virtual Care Services</b>	Plan pays 100%	Not Covered
<b>MDLIVE Primary Care Services</b>	\$55 copay, and plan pays 100%	Not Covered
<b>MDLIVE Specialty Care Services</b>	\$110 copay, and plan pays 100%	Not Covered
<ul style="list-style-type: none"> <li>• Primary Care cost share applies to routine care. Virtual wellness screenings are payable under Preventive Care.</li> <li>• For MDLIVE Behavioral Services, please refer to the Mental Health and Substance Use Disorder section (below).</li> <li>• Lab services supporting a virtual visit must be obtained through dedicated labs.</li> <li>• Includes charges for the delivery of medical and health-related services and consultations by dedicated virtual providers as medically appropriate through audio, video, and secure internet-based technologies.</li> </ul>		
<b>Virtual Physician Services - Office Visits</b>		
<b>Primary Care Physician (PCP) Services/Office Visit</b>	\$55 copay, and plan pays 100%	Plan pays 50% ^
<b>Specialty Care Physician Services/Office Visit</b>	\$110 copay, and plan pays 100%	Plan pays 50% ^
<ul style="list-style-type: none"> <li>• Physicians may deliver services virtually that are payable under other benefits (e.g., Preventive Care, Outpatient Therapy Services).</li> <li>• Includes charges for the delivery of medical and health-related services and consultations as medically appropriate through audio, video, and secure internet-based technologies that are similar to office visit services provided in a face-to-face setting.</li> </ul>		
<b>Preventive Care</b>		
<b>Preventive Care Office Visit</b>	Plan pays 100%	Plan pays 50% ^
<ul style="list-style-type: none"> <li>• Diagnostic-related services are covered at the same level of benefits as other x-ray and lab services, based on place of service.</li> </ul>		
<b>Inpatient</b>		
<b>Inpatient Hospital Facility Services</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Note: Includes all Lab and Radiology services, including Advanced Radiological Imaging as well as Medical Specialty Drugs</b>		
<b>Inpatient Hospital Physician's Visit/Consultation</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Inpatient Professional Services</b>	Plan pays 60% ^	Plan pays 50% ^
<ul style="list-style-type: none"> <li>• For services performed by Surgeons, Radiologists, Pathologists and Anesthesiologists</li> </ul>		
<b>Outpatient</b>		
<b>Outpatient Facility Services</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Outpatient Professional Services</b>	Plan pays 60% ^	Plan pays 50% ^
<ul style="list-style-type: none"> <li>• For services performed by Surgeons, Radiologists, Pathologists and Anesthesiologists</li> </ul>		

Benefit	In-Network	Out-of-Network
<b>Note: Services where plan deductible applies are noted with a caret (^). Plan deductible always applies before benefit copays/deductibles.</b>		
<b>Emergency Services</b>		
<b>Emergency Room</b> <ul style="list-style-type: none"> <li>Includes ER Physician Charges, Lab and Radiology including Advanced Radiological Imaging (ARI)</li> </ul>	Plan pays 60% ^	
<b>Urgent Care Facility</b> <ul style="list-style-type: none"> <li>Includes Physician Charges, Lab and Radiology</li> </ul>	\$75 copay, and plan pays 100%	Plan pays 50% ^
<b>Ambulance - Medical</b> Ambulance services used as non-emergency transportation (e.g., transportation from hospital back home) generally are not covered.	Plan pays 60% ^	
<b>Ambulance - Mental Health and Substance Use Disorder</b> Ambulance services used as non-emergency transportation (e.g., transportation from hospital back home) generally are not covered.	Plan pays 60% ^	
<b>Inpatient Services at Other Health Care Facilities</b>		
<b>Skilled Nursing Facility, Rehabilitation Hospital, Sub-Acute Facilities</b> <ul style="list-style-type: none"> <li>Annual Limit: 60 days</li> </ul>	Plan pays 60% ^	Plan pays 50% ^
<b>Laboratory Services</b>		
<b>Physician's Services/Office Visit</b>	Plan pays 100%	Plan pays 50% ^
<b>Independent Lab</b>	Plan pays 100%	Plan pays 50% ^
<b>Outpatient Facility</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Radiology Services</b>		
<b>Physician's Services/Office Visit</b>	Covered same as Physician Services - Office Visit	Plan pays 50% ^
<b>Outpatient Facility</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Advanced Radiological Imaging (ARI)</b>		
Includes MRI, MRA, CAT Scan, PET Scan, etc.		
<b>Outpatient Facility</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Physician's Services/Office Visit</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Outpatient Therapy Services</b>		
<b>Outpatient Physical Therapy, Speech Therapy and Occupational Therapy</b> Annual Limits: <ul style="list-style-type: none"> <li>Maximum of 20 visits per benefit period per therapy type, for Physical, Occupational, Speech</li> <li>Limits not applicable to mental health conditions, including Autism Spectrum Disorder and substance use disorder conditions.</li> </ul>	\$55 copay, and plan pays 100%	Plan pays 50% ^
<b>Note:</b> Therapy visits, provided as part of an approved Home Health Care plan, accumulate to the applicable Home Health Care maximum.		

Benefit	In-Network	Out-of-Network
<b>Note: Services where plan deductible applies are noted with a caret (^). Plan deductible always applies before benefit copays/deductibles.</b>		
<b>Chiropractic Care</b> Annual Limit: <ul style="list-style-type: none"> <li>Chiropractic Care – Unlimited</li> </ul>	\$55 copay, and plan pays 100%	Plan pays 50% ^
<b>Cardiac &amp; Pulmonary Rehabilitation</b> Annual Limit: <ul style="list-style-type: none"> <li>Maximum of 36 visits per benefit period for Cardiac Rehabilitation. Pulmonary Rehabilitation is unlimited.</li> </ul>	\$55 copay, and plan pays 100%	Plan pays 50% ^
<b>Hospice</b>		
<b>Inpatient Facilities</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Outpatient Services</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Note:</b> Includes Bereavement counseling provided as part of a hospice program.		
<b>Medical Pharmaceutical Drugs</b>		
<b>Cigna Pathwell Specialty<sup>SM</sup> Medical Pharmaceuticals</b>	<b>Cigna Pathwell Specialty<sup>SM</sup> Network:</b> Plan pays 60% ^  <b>All other medical network providers:</b> Not Covered	Not Covered
<b>Other Medical Pharmaceuticals</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Note:</b> This benefit only applies to the cost of Medical Pharmaceutical drugs administered. Related Facility, Office Visit or Professional charges are covered according to the plan design.		
<b>Family Planning</b>		
<b>Women's Services</b> Includes contraceptive devices as ordered or prescribed by a physician and surgical sterilization services, such as tubal ligation (excludes reversals)	Plan pays 100%	Coverage varies based on Place of Service
<b>Men's Services</b> Includes surgical sterilization services, such as vasectomy (excludes reversals)	Coverage varies based on Place of Service	Coverage varies based on Place of Service
<b>Abortion</b>		
<b>Abortion Services</b> <b>Note:</b> Non-elective procedures only	Coverage varies based on Place of Service	Coverage varies based on Place of Service
<b>Infertility</b>		
<b>Infertility Treatment</b> <b>Note:</b> Coverage will be provided for the treatment of an underlying medical condition up to the point an infertility condition is diagnosed. Services will be covered as any other illness.		
<b>Transplant Services</b>		
<b>Cigna LifeSOURCE Transplant Network<sup>®</sup> Facility</b>  <b>Travel Benefit</b> (Only available through Cigna LifeSOURCE Transplant Network <sup>®</sup> Facility) Includes a \$10,000 Travel maximum/per transplant	Plan pays 100%	Not Covered

Benefit	In-Network	Out-of-Network
<b>Note: Services where plan deductible applies are noted with a caret (^). Plan deductible always applies before benefit copays/deductibles.</b>		
<b>Non-LifeSOURCE Participating Facility specifically contracted to perform Transplant Services</b>	Plan pays 60% ^	Not Covered
<b>Participating Facilities NOT specifically contracted to perform Transplant Services and Non-Participating Facilities</b>	Not Covered	Not Covered
<b>Other Health Care Facilities/Services</b>		
<b>Home Health Care</b> <ul style="list-style-type: none"> <li>Annual Limit: 60 visits (The limit is not applicable to mental health and substance use disorder conditions.)</li> </ul>	\$110 copay, and plan pays 100%	Plan pays 50% ^
<b>Durable Medical Equipment and External Prosthetic Appliances</b> <ul style="list-style-type: none"> <li>Annual Limit: Unlimited</li> </ul>	Plan pays 60% ^	Plan pays 50% ^
<b>Breast Feeding Equipment and Supplies</b> <ul style="list-style-type: none"> <li>Limited to the rental of one breast pump per birth as ordered or prescribed by a physician</li> <li>Includes related supplies</li> </ul>	Plan pays 100%	Plan pays 50% ^
<b>Hearing Aids</b> <ul style="list-style-type: none"> <li>Covered for children through age 17. Maximum of 1 per ear, per benefit period.</li> <li>Includes testing and fitting of hearing aid devices</li> </ul>	Plan pays 60% ^	Plan pays 50% ^
<b>Pediatric Dental and Vision Services</b>		
<b>Pediatric Dental Care (up to age 19)</b> Preauthorization required for orthodontics and major services.		
<b>Diagnostic and Preventive Care</b> <ul style="list-style-type: none"> <li>One (1) visit per 6 months.</li> </ul>	Plan pays 100%	Plan pays 50% ^
<b>Basic Services</b>	Plan pays 80% ^	Plan pays 50% ^
<b>Major Services</b>	Plan pays 50% ^	Plan pays 50% ^
<b>Orthodontics</b>	Plan pays 50% ^	Plan pays 50% ^

Benefit	In-Network	Out-of-Network
<b>Note: Services where plan deductible applies are noted with a caret (^). Plan deductible always applies before benefit copays/deductibles.</b>		
<b>Pediatric Vision Care (up to age 19)</b> Performed by an ophthalmologist or optometrist for an Insured Person, through the end of the month in which the Insured Person turns 19 years of age.  Please be aware that the pediatric vision network is different from the network of your medical benefits.		
<b>Comprehensive Eye Exam</b> <ul style="list-style-type: none"> <li>Limited to one exam per Plan Year.</li> </ul>	Plan pays 100%	Plan pays 70% ^
<b>Eyeglasses for Children</b> <ul style="list-style-type: none"> <li>Limited to one pair per Plan Year from pediatric frame collection.</li> <li>Pediatric Frames, single Vision, Lined Bifocal, Lined Trifocal or Standard Progressive and Lenticular Lenses.</li> </ul>	Plan pays 100%	Plan pays 70% ^
<b>Contact Lenses for Children</b> <ul style="list-style-type: none"> <li>Plan Year limits apply.</li> </ul>	Plan pays 100%	Plan pays 70% ^
<b>Low Vision Services and Aids</b> <ul style="list-style-type: none"> <li>Plan Year limits apply.</li> </ul>	Plan pays 100%	Plan pays 70% ^
<b>Mental Health and Substance Use Disorder</b>		
<b>Inpatient Mental Health</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Outpatient Mental Health – Physician’s Office</b>	\$55 copay, and plan pays 100%	Plan pays 50% ^
<b>Outpatient Mental Health - MDLIVE Behavioral Services</b>	\$55 copay, and plan pays 100%	Not Covered
<b>Outpatient Mental Health – All Other Services</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Inpatient Substance Use Disorder</b>	Plan pays 60% ^	Plan pays 50% ^
<b>Outpatient Substance Use Disorder – Physician’s Office</b>	\$55 copay, and plan pays 100%	Plan pays 50% ^
<b>Outpatient Substance Use Disorder - MDLIVE Behavioral Services</b>	\$55 copay, and plan pays 100%	Not Covered
<b>Outpatient Substance Use Disorder – All Other Services</b>	Plan pays 60% ^	Plan pays 50% ^
Annual Limits:		
<ul style="list-style-type: none"> <li>Unlimited maximum</li> </ul>		
<u>Notes:</u>		
<ul style="list-style-type: none"> <li>Inpatient includes Acute Inpatient and Residential Treatment.</li> </ul>		
<ul style="list-style-type: none"> <li>Outpatient - Physician's Office and MDLIVE Behavioral Services - may include Individual, family and group therapy, psychotherapy, medication management, etc.</li> </ul>		
<ul style="list-style-type: none"> <li>Outpatient - All Other Services - may include Partial Hospitalization, Intensive Outpatient Services, Applied Behavior Analysis (ABA Therapy), etc.</li> </ul>		
<b>Important Note on Mental Health and Substance Use Disorder Coverage:</b> Covered medical services listed above, which are received to diagnose or treat a Mental Health or Substance Use Disorder condition will be payable according to this section titled “Mental Health and Substance Use Disorder.”		

Pharmacy	In-Network	Out-of-Network
<p><b>Note: Services where plan deductible applies are noted with a caret (^). Plan deductible always applies before benefit copays/deductibles.</b></p>		
<p><b>Cost Share and Supply</b></p>		
<p><b>Pharmacy Cost Share</b></p> <ul style="list-style-type: none"> <li>Retail – up to 90-day supply (except Specialty up to 30-day supply)</li> <li>Home Delivery – up to 90-day supply (except Specialty up to 30-day supply)</li> </ul>	<p><b>Retail (per 30-day supply):</b>            Tier 1 - Preferred Generic Drugs: You pay \$0            Tier 2 - Non-Preferred Generic Drugs: You pay \$35            Tier 3 - Preferred Brand Name Drugs: You pay \$85            Tier 4 - Non-Preferred Brand Name Drugs: You pay \$175</p> <p><b>Retail and Home Delivery (per 30-day supply):</b>            Tier 5 - Specialty Drugs: You pay \$750</p> <p><b>Retail and Home Delivery (per 90-day supply):</b>            Tier 1 - Preferred Generic Drugs: You pay \$0            Tier 2 - Non-Preferred Generic Drugs: You pay \$87.50            Tier 3 - Preferred Brand Name Drugs: You pay \$212.50            Tier 4 - Non-Preferred Brand Name Drugs: You pay \$437.50</p>	<p>Not Covered</p>
<ul style="list-style-type: none"> <li><b>Cigna 90 Now Walgreens:</b> Retail drugs for a 30 day supply may be obtained In-Network at a wide range of pharmacies across the nation although prescriptions for a 90 day supply (such as maintenance drugs) will be available at select network pharmacies. CVS will be considered Out-of-Network for a 90 day supply.</li> <li>This plan will not cover out-of-network pharmacy benefits.</li> <li>Cigna 90 Now Program: You can choose to fill your medications in a 30- or 90-day supply. If you choose to fill a 30-day prescription, it can be filled at any network retail pharmacy or network home delivery pharmacy. If you choose to fill a 90-day prescription, it must be filled at a 90-day network retail pharmacy or network home delivery pharmacy to be covered by the plan.</li> <li>Specialty medications are used to treat an underlying disease which is considered to be rare and chronic including, but not limited to, multiple sclerosis, hepatitis C or rheumatoid arthritis. Specialty Drugs may include high cost medications as well as medications that may require special handling and close supervision when being administered.</li> <li>When you request a brand drug, you pay the brand cost share plus the cost difference between the brand and generic drugs up to the cost of the brand drug (unless the physician indicates "Dispense As Written" DAW) (MAC B).</li> <li>Your pharmacy benefits share an out-of-pocket maximum with the medical/behavioral benefits.</li> </ul>		
<p><b>Drugs Covered</b></p>		
<p><b>Prescription Drug List:</b>            Your Cigna Advantage Prescription Drug List includes a full range of drugs including all those required under applicable health care laws. Some of the more expensive drugs are excluded when there are less expensive alternatives. To check which drugs are included in your plan, please log on to myCigna.com. Some highlights:</p> <ul style="list-style-type: none"> <li>Coverage includes Self Administered injectable drugs, but excludes infertility drugs.</li> <li>Contraceptive devices and drugs are covered with federally required products covered at 100%.</li> <li>Insulin, glucose test strips, lancets, insulin needles &amp; syringes, insulin pens and cartridges are covered.</li> </ul>		

## Pharmacy Program Information

### Pharmacy Clinical Management: Essential

Your plan features drug management programs and edits to ensure safe prescribing, and access to medications proven to be the most reliable and cost effective for the medical condition, including:

- Prior authorization requirements
- Step Therapy on select classes of medications and drugs new to the market
- Quantity limits, including maximum daily dose edits, quantity over time edits, duration of therapy edits, and dose optimization edits
- Age edits, and refill-too-soon edits
- Plan exclusion edits
- Current users of Step Therapy medications will be allowed one 30-day fill during the first three months of coverage before Step Therapy program applies.
- Your plan includes Specialty Drug Management features, such as prior authorization and quantity limits, to ensure the safe prescribing and access to specialty medications.
- For customers with complex conditions taking a specialty medication, we will offer Accredo Therapeutic Resource Centers (TRCs) to provide specialty medication and condition counseling. For customers taking a specialty medication not dispensed by Accredo, Cigna experts will offer this important specialty medication and condition counseling.

## Additional Information

### Maximum Reimbursable Charge

The allowable covered expense for non-network services is based on the lesser of the health care professional's normal charge for a similar service or a percentage of a fee schedule (110%) developed by Cigna that is based on a methodology similar to one used by Medicare to determine the allowable fee for the same or similar service in a geographic area. In some cases, the Medicare based fee schedule will not be used and the maximum reimbursable charge for covered services is based on the lesser of the health care professional's normal charge for a similar service or a percentile (80th) of charges made by health care professionals of such service or supply in the geographic area where it is received. If sufficient charge data is unavailable in the database for that geographic area to determine the Maximum Reimbursable Charge, then data in the database for similar services may be used. Out-of-network services are subject to a Plan Year deductible and maximum reimbursable charge limitations.

### Out-of-Network Emergency Services Charges

1. Emergency Services are covered at the In-Network cost-sharing level as required by applicable state or federal law if services are received from a non-participating (Out-of-Network) provider.
2. The allowable amount used to determine the Plan's benefit payment for covered Emergency Services rendered in an Out-of-Network Hospital, or by an Out-of-Network provider in an In-Network Hospital, is the amount agreed to by the Out-of-Network provider and Cigna, or as required by applicable state or federal law.

The member is responsible for applicable In-Network cost-sharing amounts (any deductible, copay or coinsurance). The member is not responsible for any charges that may be made in excess of the allowable amount. If the Out-of-Network provider bills you for an amount higher than the amount you owe as indicated on the Explanation of Benefits (EOB), contact Cigna Customer Service at the phone number on your ID card.

### Pre-Authorization

Pre-authorization is required on all inpatient admissions and selected outpatient procedures, diagnostic testing, and outpatient surgery. Network providers are contractually obligated to perform pre-authorization on behalf of their customers. For an out-of-network provider, the customer is responsible for following the pre-authorization procedures. If a customer does not follow requirements for obtaining pre-treatment authorization, a penalty or denial of payment may apply.



## Definitions

**Coinsurance** - After you've reached your deductible, you and your plan share some of your medical costs. The portion of covered expenses you are responsible for is called Coinsurance.

**Copay** - A flat fee you pay for certain covered services such as doctor's visits or prescriptions.

**Deductible** - A flat dollar amount you must pay out of your own pocket before your plan begins to pay for covered services.

**Out-of-Pocket Maximum** - Specific limits for the total amount you will pay out of your own pocket before your plan coinsurance percentage no longer applies. Once you meet these maximums, your plan then pays 100 percent of the "Maximum Reimbursable Charges" or negotiated fees for covered services.

**Place of Service** - Your plan pays based on where you receive services. For example, for hospital stays, your coverage is paid at the inpatient level.

### These are only the highlights

This summary outlines the highlights of your plan. For a complete list of both covered and not covered services, including benefits required by your state, see your employer's insurance certificate, service agreement or summary plan description -- the official plan documents. If there are any differences between this summary and the plan documents, the information in the plan documents takes precedence.

*Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Evernorth Behavioral Health, Inc., Evernorth Care Solutions, Inc. and HMO or service company subsidiaries of Cigna Health Corporation.*

# Discrimination is against the law.

## Medical coverage

Cigna Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Cigna Healthcare does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

### Cigna Healthcare:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact customer service at the toll-free number shown on your ID card, and ask a Customer Service Associate for assistance.



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If you believe that Cigna Healthcare has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by sending an email to **ACAGrievance@Cigna.com** or by writing to the following address:

### Cigna Healthcare

Nondiscrimination Complaint Coordinator  
P.O. Box 188016  
Chattanooga, TN 37422

If you need assistance filing a written grievance, please call the number on the back of your ID card or send an email to **ACAGrievance@Cigna.com**. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail or phone at:

**U.S. Department of Health and Human Services** 200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, DC 20201  
**1.800.368.1019, 800.537.7697 (TDD)**

Complaint forms are available at  
**<https://www.hhs.gov/civil-rights/filing-a-complaint/complaint-process/index.html>**

## Proficiency of Language Assistance Services

**English** – ATTENTION: Language assistance services, free of charge, are available to you. For current Cigna Healthcare customers, call the number on the back of your ID card. Otherwise, call 1.800.244.6224 (TTY: Dial 711).

**Spanish** – ATENCIÓN: Hay servicios de asistencia de idiomas, sin cargo, a su disposición. Si es un cliente actual de Cigna Healthcare, llame al número que figura en el reverso de su tarjeta de identificación. Si no lo es, llame al 1.800.244.6224 (los usuarios de TTY deben llamar al 711).

**Chinese** – 注意：我們可為您免費提供語言協助服務。對於 Cigna Healthcare 的現有客戶，請致電您的 ID 卡背面的號碼。其他客戶請致電 1.800.244.6224（聽障專線：請撥 711）。

**Vietnamese** – XIN LƯU Ý: Quý vị được cấp dịch vụ trợ giúp về ngôn ngữ miễn phí. Dành cho khách hàng hiện tại của Cigna Healthcare, vui lòng gọi số ở mặt sau thẻ Hội viên. Các trường hợp khác xin gọi số 1.800.244.6224 (TTY: Quay số 711).

**Korean** – 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 현재 Cigna Healthcare 가입자님들께서는 ID 카드 뒷면에 있는 전화번호로 연락해주시십시오. 기타 다른 경우에는 1.800.244.6224 (TTY: 다이얼 711)번으로 전화해주시십시오.

**Tagalog** – PAUNAWA: Makakakuha ka ng mga serbisyo sa tulong sa wika nang libre. Para sa mga kasalukuyang customer ng Cigna Healthcare, tawagan ang numero sa likuran ng iyong ID card. O kaya, tumawag sa 1.800.244.6224 (TTY: I-dial ang 711).

**Russian** – ВНИМАНИЕ: вам могут предоставить бесплатные услуги перевода. Если вы уже участвуете в плане Cigna Healthcare, позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки участника плана. Если вы не являетесь участником одного из наших планов, позвоните по номеру 1.800.244.6224 (TTY: 711).

**Arabic** – برجاء الانتباه خدمات الترجمة المجانية متاحة لكم. لعملاء Cigna Healthcare الحاليين برجاء الاتصال بالرقم المدون علي ظهر بطاقتكم الشخصية. او اتصل ب 1.800.244.6224 (TTY: اتصل ب 711).

**French Creole** – ATANSYON: Gen sèvis èd nan lang ki disponib gratis pou ou. Pou kliyan Cigna Healthcare yo, rele nimewo ki dèyè kat ID ou. Sinon, rele nimewo 1.800.244.6224 (TTY: Rele 711).

**French** – ATTENTION: Des services d'aide linguistique vous sont proposés gratuitement. Si vous êtes un client actuel de Cigna Healthcare, veuillez appeler le numéro indiqué au verso de votre carte d'identité. Sinon, veuillez appeler le numéro 1.800.244.6224 (ATS : composez le numéro 711).

**Portuguese** – ATENÇÃO: Tem ao seu dispor serviços de assistência linguística, totalmente gratuitos. Para clientes Cigna Healthcare atuais, ligue para o número que se encontra no verso do seu cartão de identificação. Caso contrário, ligue para 1.800.244.6224 (Dispositivos TTY: marque 711).

**Polish** – UWAGA: w celu skorzystania z dostępnej, bezpłatnej pomocy językowej, obecni klienci firmy Cigna Healthcare mogą dzwonić pod numer podany na odwrocie karty identyfikacyjnej. Wszystkie inne osoby prosimy o skorzystanie z numeru 1 800 244 6224 (TTY: wybierz 711).

**Japanese** – 注意事項：日本語を話される場合、無料の言語支援サービスをご利用いただけます。現在のCigna Healthcareのお客様は、IDカード裏面の電話番号まで、お電話にてご連絡ください。その他の方は、1.800.244.6224 (TTY: 711) まで、お電話にてご連絡ください。

**Italian** – ATTENZIONE: Sono disponibili servizi di assistenza linguistica gratuiti. Per i clienti Cigna Healthcare attuali, chiamare il numero sul retro della tessera di identificazione. In caso contrario, chiamare il numero 1.800.244.6224 (utenti TTY: chiamare il numero 711).

**German** – ACHTUNG: Die Leistungen der Sprachunterstützung stehen Ihnen kostenlos zur Verfügung. Wenn Sie gegenwärtiger Cigna Healthcare-Kunde sind, rufen Sie bitte die Nummer auf der Rückseite Ihrer Krankenversicherungskarte an. Andernfalls rufen Sie 1.800.244.6224 an (TTY: Wählen Sie 711).

**Persian (Farsi)** – توجه: خدمات کمک زبانی، به صورت رایگان به شما ارائه می شود. برای مشتریان فعلی Cigna Healthcare، لطفاً با شماره ای که در پشت کارت شناسایی شماست تماس بگیرید. در غیر اینصورت با شماره 1.800.244.6224 تماس بگیرید (شماره تلفن ویژه ناشنوایان: شماره 711 را شماره گیری کنید).