

Need answers? Make the call.

Whether it is guidance on medical treatment, or assistance with a health question, you can always call the **health information line** and get live support 24 hours a day, 7 days a week.



Dial the toll-free number on your CIGNA ID card and you'll be connected directly to a specialist trained as a nurse who is ready to help answer your health questions.

And there's more:

You can also listen to hundreds of our latest podcasts in English and Spanish to help you stay informed about your health.

To listen:

- Select a topic and download podcasts to your mobile device or listen via live-stream on your computer; or
- Choose to listen over the phone. Call the health information line, follow the voice prompts, enter a code for the audio library catalog, and you'll be listening in seconds.

Visit www.mycigna.com for more information.

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