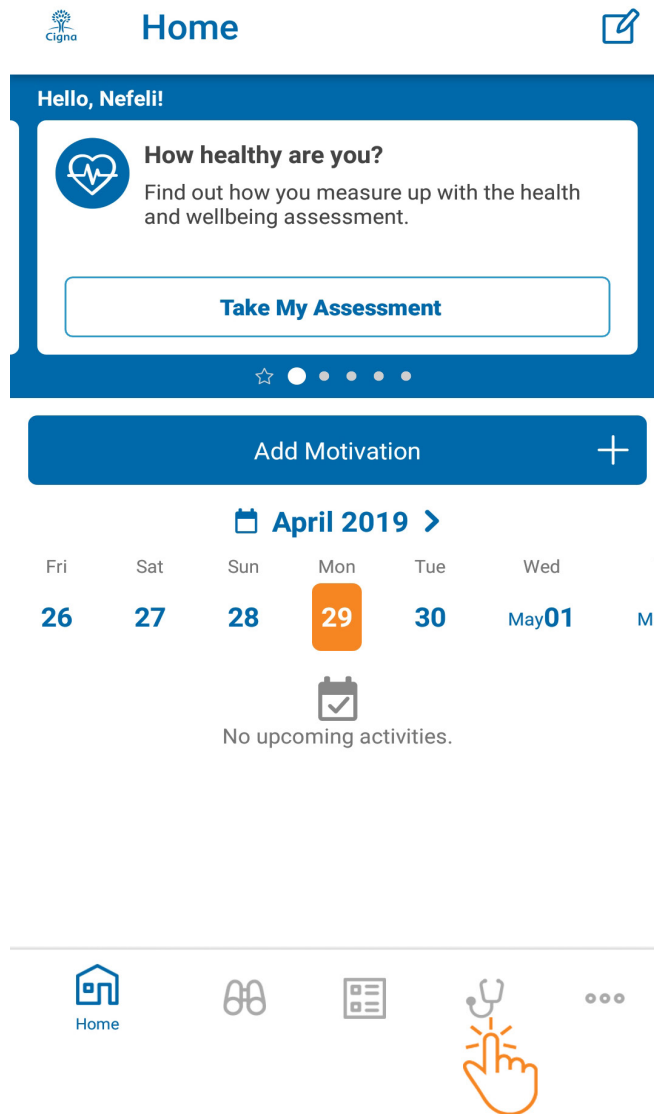


# HOW TO ACCESS TELEHEALTH

## THROUGH THE CIGNA WELLBEING APP

1

After logging in to the Cigna Wellbeing app, tap on **Get Care** at the bottom navigation menu



2

Select whether you want to have a **video consultation** or a **phone consultation**



## Get Care



### Global Telehealth: Video Consults

Schedule real-time video consults with licensed and credentialed doctors (English and Spanish)



### Global Telehealth: Phone Consults

Schedule phone consults with licensed and credentialed doctors (Multiple languages)



If you have a life-threatening medical condition, call 911 immediately if you are in the US, otherwise call your local emergency number.



Get Care





## Accept the Terms and Conditions and the Privacy Policy

### Legal Agreement

Cancel

#### Privacy notice

At Advance Medical we are committed to protecting and respecting your privacy.

This notice describes how personally identifiable information about you (the data subject) may be collected, used, and disclosed, and how you can get access to this information. Please review it carefully.

The data controller is Advance Medical S.A. with offices in 252 Via Augusta 08022 Barcelona Spain and its affiliates and subsidiaries.

#### Introduction

Advance Medical collects personal, medical data about and from individuals (data subjects) who have provided fully informed consent.

I Agree to the Terms & Conditions



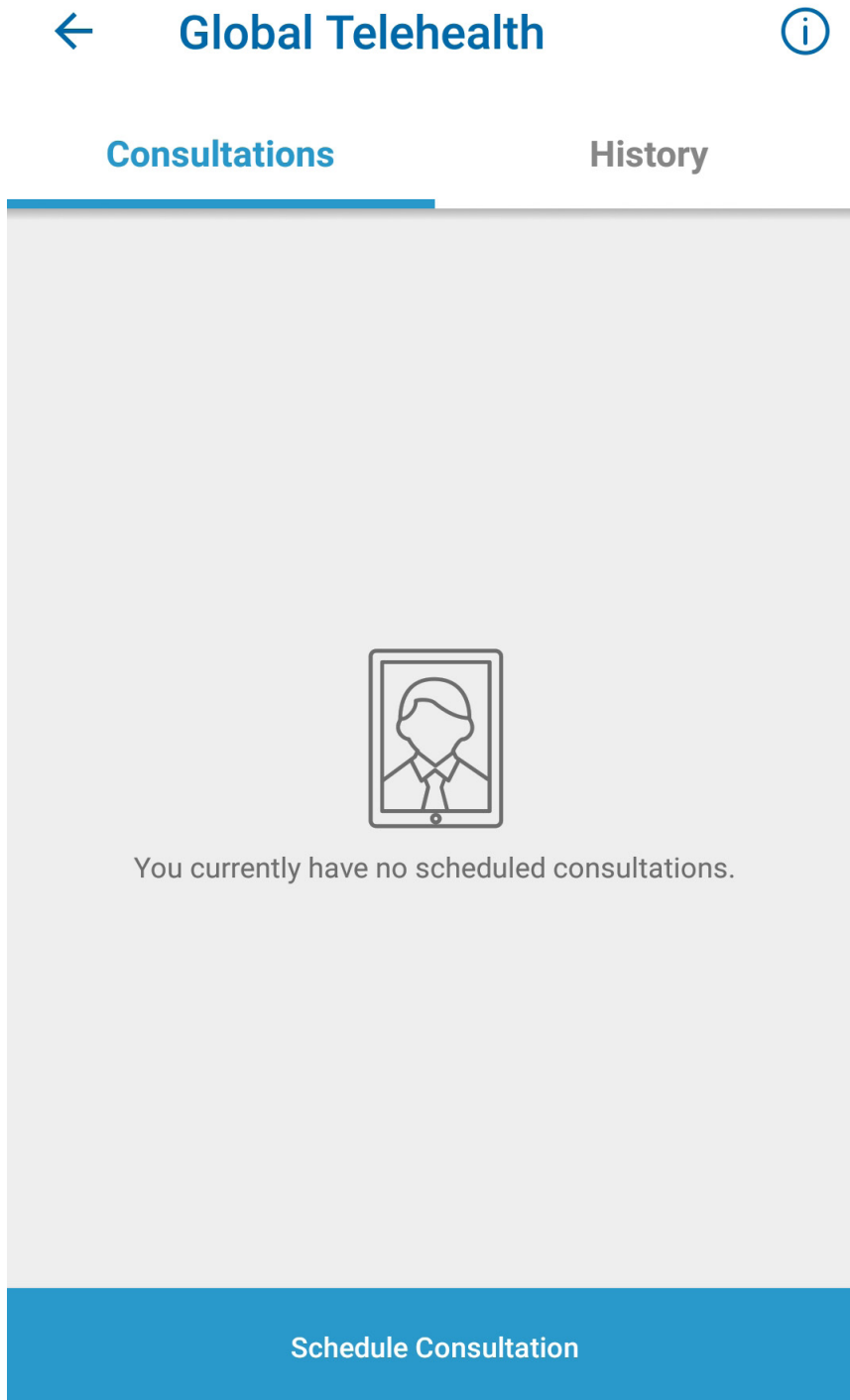
I Agree to the Privacy Policy



Submit

4

If you selected a video consultation tap on *Schedule Consultation*



5

Select the date and time that is most convenient for you

← **Schedule Consultation** Cancel

**April 2019**

Mon	Tue	Wed	Thu	Fri	Sat
<b>29</b>	<b>30</b>	May <b>01</b>	May <b>02</b>	May <b>03</b>	May <b>0</b>

**29 Apr, 2019** >  
05:30 pm

**29 Apr, 2019** >  
06:00 pm

**29 Apr, 2019** >  
06:30 pm

**29 Apr, 2019** >  
07:00 pm

**29 Apr, 2019** >  
07:30 pm

**29 Apr, 2019** >  
08:00 pm

**29 Apr, 2019** >  
08:30 pm

**29 Apr, 2019** >  
09:00 pm



Provide a brief description of the reason for your appointment and upload any files that may be relevant to your symptoms or condition (optional)



## Notes

Cancel

What's the reason for your appointment? Be brief, but symptoms and details will help your doctor.

My Notes\*

Enter notes...

\*Required

My Uploaded Files

(You can upload pictures from your device that help to clarify your symptoms/medical condition)

Upload File

Next



Enter the additional details required and tap on **Submit**



## Additional Details

Cancel

Callback Number\*

Enter number

We will call you on this phone number if your video consultation gets disconnected for any reason.

\*Required

Select the timezone relative to your location at the time of your consultation.

Timezone (GMT+12:00) International D.. ▼

Language Preferences English (Default) ▼

Country United Kingdom (Default) ▼

Share my information with Cigna for referral

[For more information, view our privacy policy](#)

This will be automatically added to your device calendar. To turn this feature off, go to the app settings.

Submit



If you selected a phone consultation you can call the direct phone line to schedule an appointment or enter your details and request for a doctor to call you

## ← Phone Consultations



Global Telehealth

+18572563288

**Request a call for later**

Simply provide your callback number and a few details about the reason for your appointment and a doctor will contact you within an hour. (Phone consults will not be automatically added to your device calendar.)

If you have a life-threatening medical condition, call 911 immediately if you are in the US, otherwise call your local emergency number.

Take control of your health when, where and how it's most convenient for you – day or night; from home, work or on-the-go.

Whether you're sick or simply have questions about a medical condition or treatment, you can receive convenient care for non-life-threatening conditions.

- Easy to access
- Schedule real-time video or phone consultations
- Licensed and credentialed doctors
- Answers to your medical questions and diagnosis and treatment options