

A woman with blonde hair, wearing a white hospital gown and a white face mask, is holding a white smartphone. The phone's screen shows a video call with a male doctor in a white lab coat and a stethoscope. The background is a blurred hospital room.

TALK TO A DOCTOR ANYTIME, FROM ANYWHERE

Access Global Telehealth through
your Cigna Wellbeing™ app

Together, all the way.™



There are times when you just need to speak to a doctor, but sometimes arranging a visit is difficult to manage. Now you can have convenient access to quality health care through Global Telehealth, a service available in the Cigna Wellbeing™ app.

Global Telehealth gives you access to licensed doctors around the world for non-emergency health issues. Simply arrange a telephone or video consultation from your Cigna Wellbeing app. Appointments are often scheduled for the same day.

WHAT CAN I USE GLOBAL TELEHEALTH FOR?



Video or phone consultations with a licensed doctor.



Prescriptions or common health concerns, when medically necessary.



A diagnosis for non-emergency health issues and acute conditions.



Preparing for an upcoming consultation or hospitalisation.



Discussing a medication or treatment plan and potential side effects.

WHY IS GLOBAL TELEHEALTH SUCH A VALUABLE SERVICE?

› **It's affordable.** It's an alternative to doctor office or clinic visits – with no deductibles or coinsurance payments.

› **It's easy.** There's no need to leave the house or your workplace.

› **It's accessible around the clock.** That's 24/7/365 access to a top doctor, usually within 24 hours (time can fluctuate depending on language preference).

› **It's flexible.** You have mobile app access to real-time scheduling, so you can easily set up an appointment, at a time that works for you.

› **It's multilingual.** Currently, video consultations are available in English and Spanish while telephonic consultations are available in English, Spanish, French, German, Portuguese, Mandarin Chinese, Japanese and Arabic.

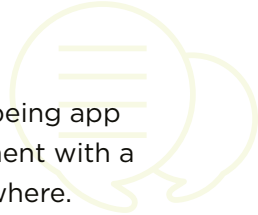


HOW DOES IT WORK

Request an appointment.

1.

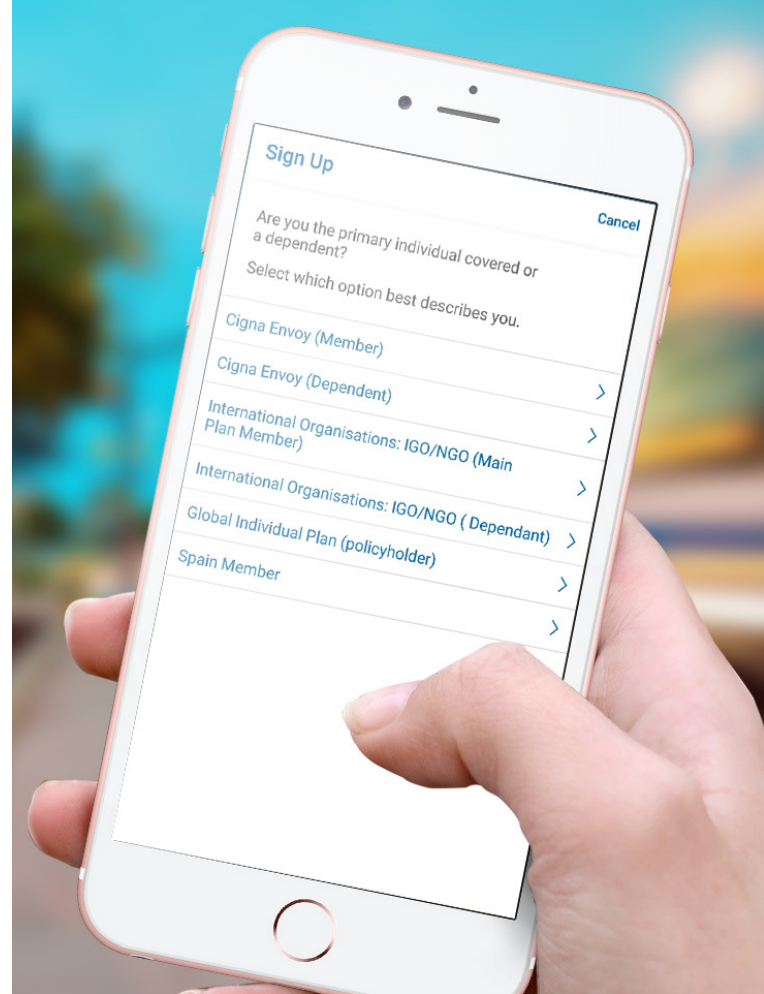
Use your Cigna Wellbeing app to make an appointment with a doctor anytime, anywhere.



LOG IN TO THE CIGNA WELLBEING APP

To log in to the Cigna Wellbeing app, select the '*International Organisations*' option for Plan Member or Dependant.

You can then enter your Personal Reference Number and Password.





Speak with a doctor.

2.

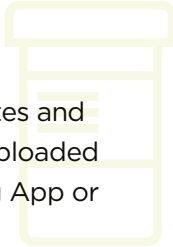
Your initial Global Telehealth consultation will be with a general practitioner (GP) – by phone or video.

The doctors will listen to your specific concerns and provide clear advice and guidance on the best steps to take. You will be able to share documents, images and files to help explain your symptoms or condition.

The Global Telehealth doctors can also help you understand the local health care system so you can make the most of your actual visit to your doctor's office.

Feel better.

3.



After a consultation, notes and prescription(s) will be uploaded to your Cigna Wellbeing App or emailed to you.

The GP can schedule another Global Telehealth appointment with a specialist if needed.

Global Telehealth will give you peace of mind and the treatment you need to get well.

CONNECTING YOU TO BETTER HEALTH, WHEREVER YOU GO.

Download the Cigna Wellbeing
app today!



Cigna Wellbeing™ app

Taking care of yourself is easier than ever. Wherever you are, you'll have access to services and support to help you with every dimension of your health.

Cigna
Plantin en Moretuslei 299
2140 Antwerpen
Belgium

www.cignahealthbenefits.com

*Products and services are subject to availability and may not be available in all jurisdictions. Terms and conditions may apply. The Apple logo is a trademark of Apple Inc., registered in the United States and other countries. App Store is a service mark of Apple Inc. Android and Google Play are trademarks of Google Inc. All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Life Insurance Company of North America. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. Global Telehealth services are provided by a contracted third party. This material is provided for informational purposes only. It is believed accurate as of the date of publication and is subject to change. Such material should not be relied upon as legal or medical advice. As always, we recommend that you consult with your independent legal and/or medical advisors. Products and services may not be available in all jurisdictions and are expressly excluded where prohibited by applicable law.

Cigna International Health Services BV • Plantin en Moretuslei 299 • 2140 Antwerpen • Belgium • RPR Antwerpen • VAT BE 0414 783 183
Copyright 2020 Cigna Corporation • 590748_EN (12/19)

