

# MAKE HEALTHY CONNECTIONS



Improving the quality of care you receive. Lowering your health care costs. Increasing your satisfaction with your overall health care experience. With Cigna Collaborative Care, we're making the right connections you and your doctors to help achieve these goals.

## Care focused on you

Cigna Collaborative Care is an approach to care that helps doctors deliver the right care for the right value. It gives them more information, insight and support to help make sure you get the care, tests, and services you need. It's a win-win!

## A team approach

When you visit a doctor who participates in the Cigna Collaborative Care program, you get access to a team of health care experts focused on you. Whether you go to them for an annual checkup, chronic condition, illness or injury, they are dedicated to providing quality, cost-effective care that meets your needs. They will:

- **Get to know you.** You'll be more than a name on a chart. They will listen, answer your questions and help you understand your health.
- **Coordinate your care.** In addition to providing care, they'll help you get the right care by referring you to specialists and hospitals based on your specific needs.
- **Help you get the most value from your health benefits.** Your health plan may include helpful wellness services and coaching programs. They'll connect you to the resources that can help make your health even better.
- **Find ways to save you time and money.** This includes helping you find other convenient in-network locations for you to get quality, cost-effective care, lab tests or other services that you may need.

## Finding a Collaborative Care doctor

It's easy to find a doctor that participates in the Cigna Collaborative Care program, just follow these simple steps:

1. Visit **Cigna.com** and click on Find a Doctor
2. Go to Select a Directory and Additional Directories/Medical
3. Click on Cigna Collaborative Care Listing
4. Click on your state in blue, then select your region if this option is provided. The doctors in your state will be displayed alphabetically by City/Town, then by doctor's last name.

You can also use the "find" feature in the document to search a specific name.

**Together, all the way.®**



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