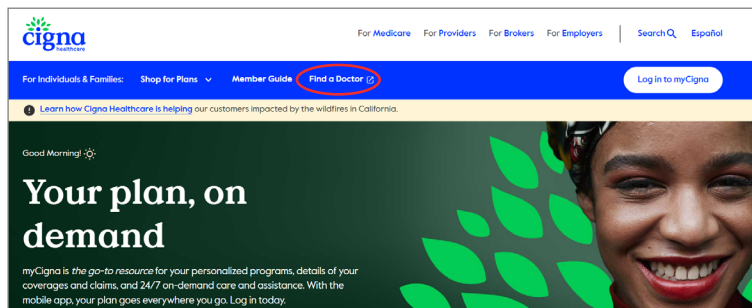


Find a health care provider in just a few clicks.

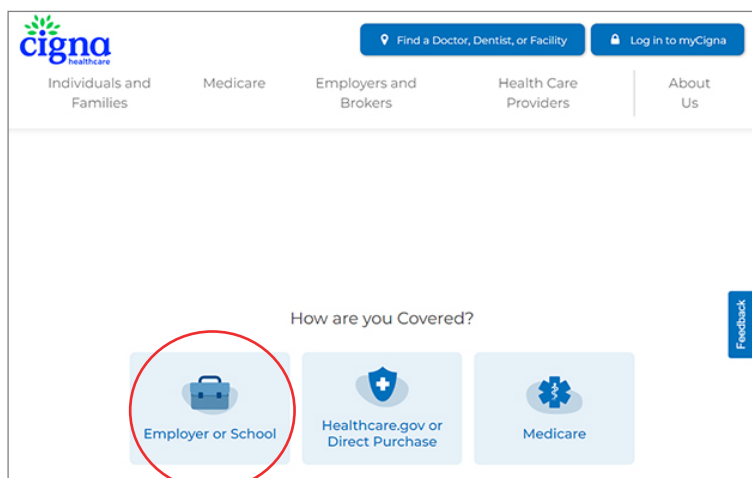
It's easy on Cigna.com.

With a growing nationwide PPO network* of quality health care providers, Cigna Healthcare® offers you a range of choices to help you stay healthy. Finding a provider on **Cigna.com** is simple. You are not required to log in. Just follow the directions below.

1. Go to **Cigna.com** and click “Find a Doctor.”

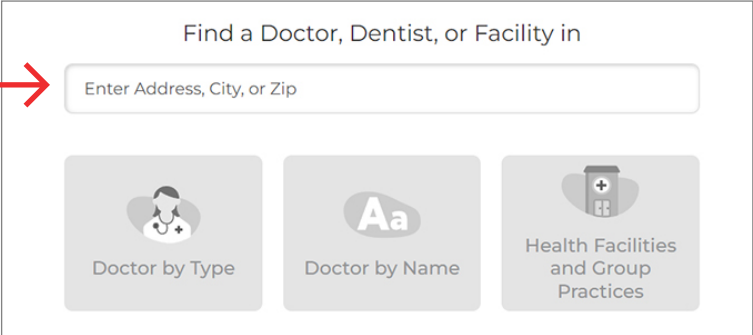


2. On the “How are you Covered?” page, select “Employer or School.”

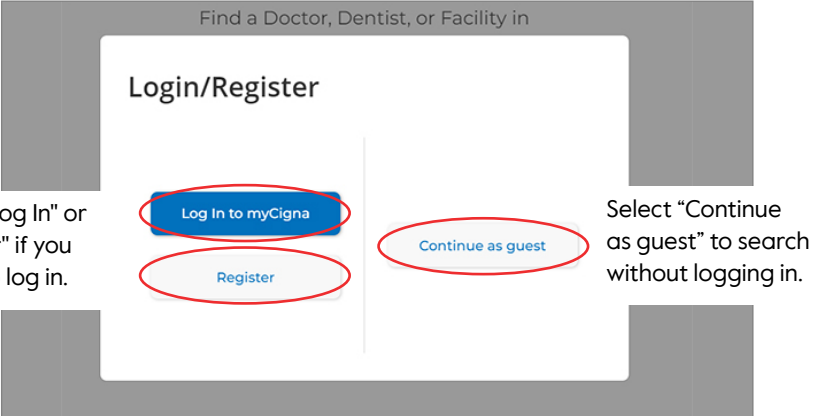


If you're looking for a mental health or substance abuse professional, please refer to the “Find a Behavioral Provider/Facility” flyer for detailed instructions. You may request this flyer from your Health Plan or Third-Party Administrator.

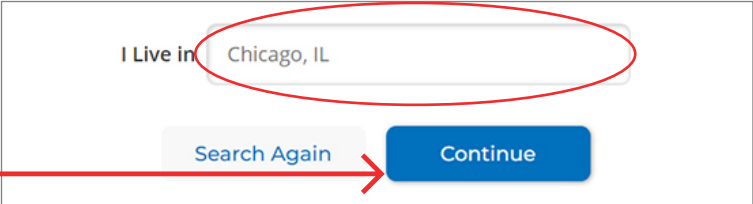
3. Enter the geographic location you want to search and select the search type.



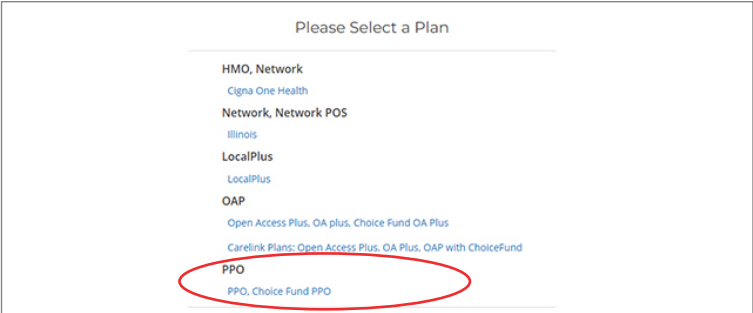
4. You will then be prompted to either Log In, Register for **myCigna.com**, or to “Continue as guest.” You are not required to log in to search for providers. To search without log in, select “Continue as guest.”



5. Fill in the “I Live in” field and click “Continue.”



6. Under “Please Select a Plan,” select the PPO option that appears on your screen. (Note: The network name may appear differently in different geographical areas. For example, CA will display as “PPO, PPO Tiered”; CT will display as “PPO, PPO Choice Fund”; and TX will display as “PPO.”)



Questions?

Call the toll-free number on the back of your ID card.



* "Cigna Healthcare PPO Network" refers to the health care providers (doctors, hospitals, specialists) contracted as part of the Cigna PPO Network for Shared Administration.

Health care professionals and facilities that participate in the Cigna Healthcare network are independent contractors solely responsible for the care and services provided to their patients. They are not agents of Cigna Healthcare.

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