

# YES, EVEN IF YOU'RE ALWAYS ON THE MOVE.

Get your virtual wellness screening from anywhere via video or phone.

You're busy. So, chances are, you may not be taking the time to get your preventive check-up. But, what if it could take you less time than you think? With virtual wellness screenings<sup>1</sup> through MDLIVE, it can. Simply make your appointment online and go for a quick visit to a lab for your blood work and biometrics. The rest is completed online and via video or phone, wherever it's most convenient for you. You'll receive a summary of your screening results for your records.

## Key benefits of virtual wellness screenings.



### Convenient

Have your appointment from your phone, tablet or computer – wherever life takes you, with no travel or waiting.



### Flexible

Get an appointment during the day, evening or weekend.



### Informative

Enjoy a more focused and informative visit, since lab work and biometrics are required to be completed and shared with your MDLIVE provider beforehand.



### Preventive

Proactively identify health issues such as diabetes, high cholesterol and other risk factors before they become serious and costly. You can also request to have your virtual wellness screening results shared with your primary care provider.



### Affordable.

Virtual wellness screenings and the associated labs for your visit are covered at **no additional cost** to you, as part of your preventive care benefits through your health plan.<sup>2</sup>

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company or its affiliates

## How virtual wellness screenings work, step-by-step.

<b>STEP 1</b>	Complete your MDLIVE online health assessment.
<b>STEP 2</b>	Choose an in-network lab and schedule an appointment. <sup>3</sup>
<b>STEP 3</b>	Choose an MDLIVE provider and schedule your virtual visit.
<b>STEP 4</b>	Go to your lab appointment. You'll receive a notification when the results are available in the MDLIVE customer portal.
<b>STEP 5</b>	Attend your virtual visit from anywhere via video or phone. After your visit, you'll receive a summary of your screening results for your records.



### At the lab, before your virtual visit.

#### A technician will conduct:

- › Lab work, including blood count, as well as metabolic, thyroid, lipid/cholesterol and diabetic testing.
- › Biometric screenings, including blood pressure, height, weight, BMI and waist circumference.<sup>4</sup>



### During your virtual visit.

#### Your provider will:

- › Discuss any allergies and medications.
- › Review your medical and family history.
- › Explain any risk factors and treatment options based on lab work and biometric screenings.
- › Guide you through appropriate next steps for care if health issues are identified.
- › Discuss your emotional and psychological well-being.



### Get started with your virtual wellness screening now.

Go to [myCigna.com](https://myCigna.com), and click on the “Talk to a doctor” callout.

1. Cigna provides access to virtual care through national telehealth providers as part of your plan. Providers are solely responsible for any treatment provided to their patients. Video chat may not be available in all areas or with all providers. This service is separate from your health plan's network and may not be available in all areas or under all plan types. A primary care provider referral is not required for this service. Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations.

2. Not applicable to exempt plans with cost share. See your plan documents for details.

3. Limited to labs contracted with MDLIVE for virtual wellness screenings.

4. Biometric screening experience may vary by lab.

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