

10 ways to use myCigna to unlock the full potential of your health insurance



Understanding your health insurance can be challenging, especially with so many features and options available. But with the right tools at your fingertips, you can simplify the process and feel more confident in managing your coverage. For Cigna Healthcare customers, myCigna is designed to make navigating your health plan easier, more intuitive, and more empowering – so you can focus on your well-being rather than paperwork or uncertainty. The myCigna digital experience can help you take control of your health care journey.

Below, we explore the top 10 things you can do on myCigna, so that you can make the most of your health insurance.

- 1 Manage your plan**
View your deductible balance, HSA/HRA/FSA account balance, recent claims, digital ID cards, and important messages, giving you a comprehensive understanding of your health plan.
- 2 Schedule a virtual care appointment**
Schedule virtual care appointments with board-certified doctors, treating non-emergency medical issues and prescribing medications when necessary, all from the comfort of your own home.
- 3 Estimate medical costs**
Estimate medical costs before receiving care, helping you make informed decisions about your treatment and budget accordingly.
- 4 Find in-network providers**
Use the provider directory within myCigna to find nearby doctors, dentists, and health care facilities within our network, complete with verified patient reviews and recommendations.
- 5 Live support 24/7**
With live chat support available 9am to 8pm EST and 24/7 access to telephonic support, you can get real-time assistance with any questions or concerns you may have about your benefits, using any device.
- 6 Streamline prescription management**
Manage your prescriptions and have them delivered to your home, making it easier to stay on top of your medication regimen.
- 7 Track claims status**
You can check on the status of your claims, ensuring you're up-to-date on the processing of your medical expenses.
- 8 Access bilingual support**
myCigna is available in both English and Spanish, catering to a diverse range of users and ensuring that language barriers don't hinder your ability to manage your health plan.
- 9 Take control of your health**
By taking a health assessment, setting goals, and earning incentives, you can proactively manage your well-being and make positive lifestyle changes.
- 10 Go paperless and on the go**
myCigna allows you to set up paperless Explanation of Benefits (EOBs), reducing clutter and making it easier to access your documents digitally. Additionally, myCigna is also available to download from the Apple App Store and the Google Play Store.

[Explore myCigna](#)

