

One Health

Affordable, effective care to help Chicagoland businesses thrive.



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Offered by Cigna
Healthcare of Illinois, Inc.

A custom HMO to improve quality and reduce costs

Flexible plan designs to match existing employee plans

Fee-for-service model (instead of capitated payment) allows for:

- Information and insights to help primary care providers (PCPs) deliver the right care for the right value
- Fully integrated reporting that analyzes clinical program performance, ROI, engagement and utilization
- Access to urgent care centers in the Chicagoland area

Care that's always on

- The PCP is the employee's medical champion and refers out to specialists *(with exceptions for OB/GYN, behavioral or emergency care)*
- 24/7 customer service
- myCigna®, featuring cost comparison access to virtual providers²

1. Savings compared compared with traditional Open Access Plus (OAP) plan design. Percentage of savings is estimated based on an internal national Cigna Healthcare study conducted in 2024 comparing One Health against OAP plans with the same benefit structure, deductibles, copay and out-of-pocket maximum limits. Savings are not guaranteed and will vary depending on plan design, geographic distribution and utilization patterns. Medical cost savings do not directly translate to rate or premium rates. 2. Cigna Healthcare provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and all services may not be available in all areas; subject to state regulations. Referrals are not required. Video may not be available in all areas or with all providers. Refer to plan documents for complete description of virtual care services and costs.

A powerful network¹

25,000 providers across 70+ hospitals²

Advocate Health Care*

- Advocate Christ Medical Center
- Advocate Condell Medical Center
- Advocate Good Samaritan Hospital
- Advocate Good Shepherd Hospital
- Advocate Illinois Masonic Hospital
- Advocate Lutheran General Hospital
- Advocate Sherman Hospital
- Advocate South Suburban Hospital
- Advocate Trinity Hospital

Ascension Illinois*

- Ascension Alexian Brothers – Medical Center
- Ascension Saint Joseph - Chicago
- Ascension St. Alexius

Cook County Health System

- John H. Stroger Hospital
- Provident Hospital

Duly Health and Care

Endeavor Health*

- Edward Hospital
- Elmhurst Hospital
- Evanston Hospital
- Glenbrook Hospital
- Highland Park Hospital
- Northwest Community Hospital
- Skokie Hospital
- Swedish Hospital

Northwestern Medicine*

- Northwestern Medicine Central DuPage Hospital
- Northwestern Medicine Delnor Community Hospital
- Northwestern Medicine Huntley Hospital
- Northwestern Medicine Kishwaukee Community Hospital
- Northwestern Medicine Lake Forest Hospital
- Northwestern Medicine McHenry Hospital
- Northwestern Medicine Palos Hospital
- Northwestern Medicine Valley West Community Hospital
- Northwestern Medicine Woodstock Hospital
- Northwestern Memorial Hospital

OSF

- OSF Little Company of Mary Medical Center

Powers Health

- St. Catherine Hospital
- St. Mary Medical Center
- The Community Hospital

Prime Healthcare*

- Mercy Medical Center - Aurora
- Resurrection Medical Center Chicago
- Saint Francis Hospital - Evanston
- Saint Joseph Hospital - Elgin
- Saint Joseph Medical Center - Joliet
- Saint Mary of Nazareth Hospital – Chicago
- St. Mary's Hospital – Kankakee

Rush Health*

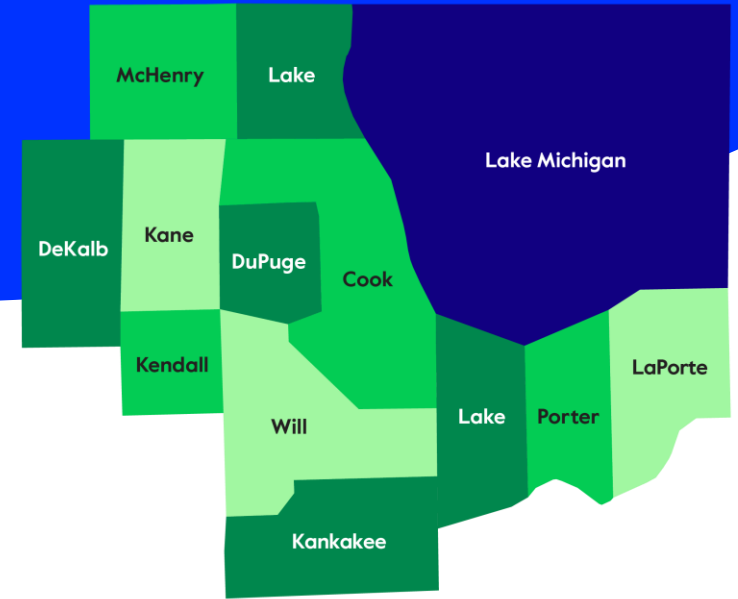
- Rush Copley Memorial Hospital
- Rush Oak Park Hospital
- Rush University Medical Center

Trinity Health

- Gottlieb Memorial Hospital
- Loyola University Medical Center
- MacNeal Hospital

UChicago Medicine*

- UChicago Medicine AdventHealth Bolingbrook
- UChicago Medicine AdventHealth GlenOaks
- UChicago Medicine AdventHealth Hinsdale
- UChicago Medicine AdventHealth LaGrange
- UChicago Medicine Ingalls Memorial Hospital
- UChicago Medicine University of Chicago Medical Center



Vista Health System

- Vista Medical Center East

Independent Hospitals

- Jackson Park Hospital
- Insight Hospital and Medical Center – Chicago
- Humboldt Park Health
- La Rabida Children's Hospital & Research Center
- Loretto Hospital
- Roseland Community Hospital
- Silver Cross Hospital
- South Shore Hospital
- St. Anthony Hospital/Chicago (CHP)
- St. Bernard Hospital and Health Care Center
- Thorek Memorial Hospital
- Thorek Memorial Hospital Andersonville

*Participant in Cigna Collaborative Care®



1. HMO plans are offered by Cigna HealthCare of Illinois, Inc. Self-funded (network) medical plans are administered by Cigna Health and Life Insurance Company with network management services by Cigna HealthCare of Illinois, Inc.
2. As of 7/2025. Subject to change.

Frequently asked questions

What type of doctor can employees choose for a PCP?

Customers can choose who they want, but the most common are family practitioners, general practitioners, internal medicine doctors and pediatricians.

Is there a penalty for going to a different PCP than the one selected?

There aren't penalties. Customers get the same level of coverage from any in-network PCP.

What if an employee or covered family member doesn't choose a PCP?

A PCP will be automatically assigned and can be changed on **myCigna** or by phone.

Frequently asked questions

Can employees go out-of-network?

Typically, out-of-network services are not covered, unless it's for emergency care. To receive benefits, they will need to choose from the thousands of in-network providers.

Do in-network specialists require referrals?

Yes, PCP referrals are needed for most services, with exceptions for OB/GYN, behavioral or emergency care.

What about dependents who don't live in Chicago?

If a covered member will be in another Cigna Healthcare service area for 60 days or more, our Guest Privileges program lets them enroll as a "guest" in the Cigna Healthcare network in that location.

Can One Health be offered alongside another health plan?

Yes, One Health can be offered alongside another Cigna Healthcare plan like our national Open Access Plans.

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. For costs and details of coverage, contact a Cigna Healthcare representative.

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