Supplemental Health Wellness Benefit

Wellness Treatment, Health Screening Test or Preventive Care Benefit.

Cigna Healthcare Accidental Injury and Critical Illness Insurance

Your Cigna Healthcare® Accidental Injury and Critical Illness insurance plan comes with a wellness benefit.[1] This benefit is paid for each covered person who completes at least one wellness treatment, health screening test or preventive care service. This benefit is limited to one per year per covered person.

To take advantage of your eligible wellness benefit, simply get any recommended wellness treatment, health screening test or preventive care service, as specified below, and you could receive $50 from your Supplemental Health Insurance.

Wellness treatments

- Adult immunizations
- Annual routine preventative dental exam
- Annual routine ophthalmological exam including refraction
- Cancer screenings
- Colorectal cancer screenings
- General health exams
- Lead poisoning screenings
- Osteoporosis screenings
- Routine gynecological exams
- Routine prostate exams
- Well child care – including visits, labs and immunizations

Health screening tests

- Bone marrow testing
- Breast cancer blood test (CA 15-3)
- Breast ultrasound
- Chest x-ray
- Colon cancer blood test (CEA)
- Colonoscopy
- Fasting blood glucose test
- Flexible sigmoidoscopy
- Hemoccult stool specimen
- Mammography
- Myeloma blood test (serum protein electrophoresis)
- Ovarian cancer blood test (CA125)
- Pandemic infectious disease immunization
- Pandemic infectious disease test and screening
- Pap smear for women over age 18
- Prostate-specific antigen (for prostate cancer)
- Serum cholesterol test to determine levels of HDL and LDL
- Stress test on a bicycle or treadmill
- Thermography
- Triglycerides blood test

Offered by Cigna Health and Life Insurance Company.

taylor morrison

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All sources and disclosures appear at the end of this document.

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Preventive care

The Patient Protection and Affordable Care Act (PPACA) requires preventive health services as recommended by the following expert medical and scientific bodies:

I. The United States Preventive Services Task Force (USPSTF);
2. The Advisory Committee on Immunization Practices (ACIP);
3. The Health Resources and Services Administration (HRSA's) Bright Futures Project; and
4. HRSA and the Institute of Medicine (IOM) committee on women's clinical preventive services.

Detailed information is available at **www.healthcare.gov/coverage/preventive-care-benefits**.

Benefit exclusions and limitations

Services must be provided under the direction of a physician.

To easily manage your benefits or to file claims online:

I. Log in to myCigna.com or the **myCigna App®**[2]

2. Under the "Coverage" tab at the top, select "Supplemental Health"

myCigna® also alllows you to:

- Submit claims
- Enroll in direct deposit
- View personalized Supplemental Health plan information
- Track the status of claims
- Monitor and respond to correspondence
- View Explanation of Benefits (EOBs)

For questions, call **800.754.3207** to speak with one of our dedicated customer service representatives.

1. In Washington, the wellness benefit is known as the Health Screening Benefit.

2.Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com. The myCigna mobile app does not have the same functionality/capability that is available on myCigna.com. App/online store terms and mobile phone carrier/data charges apply.

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Product availability may vary by location and plan type and is subject to change. All group insurance policies may contain exclusions, limitations, reduction of benefits, and terms under which the policy may be continued in force or discontinued. For costs and complete details of coverage, contact your Cigna Healthcare representative.

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