



# YOU KNOW JUST WHO TO ASK

**Nurse advocates\* are ready with answers on Cigna's Health Information Line.**

**Unsure about a fever? Have questions about a medication? We're here to help.**

Cigna's no-cost Health Information Line puts you in touch with a personal nurse advocate\* via chat or phone. They're here to answer your health questions and help you make the best choice for your needs.

**Nurse advocates are available for questions like:**

- I've had a fever for 2 days. Should I go to the emergency room?
- Is virtual care a good option for my needs?
- Is there a good orthopedic doctor in my area?
- I take a maintenance medication. How can I save on my prescription and get it delivered?

**Cigna's Health no-cost Information Line is always confidential.**

› **Chat**

Monday - Friday  
9:00 a.m. - 8:00 p.m. EST ,  
excluding holidays via  
**myCigna.com** or the  
myCigna® App.

› **Call**

24/7/365.

**Together, all the way.®**



**Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.**

\*Nurse advocates hold current nursing licensure in a minimum of one state, but are not practicing nursing or providing medical advice in any capacity as a health advocate.

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