

# TALK TO A DOCTOR ANYTIME, FROM ANYWHERE.

Global telehealth is available through  
Cigna Envoy® and the Cigna Wellbeing® App.



When you don't feel well, you want to get better fast. There are times when a visit to a doctor's office is difficult to manage. Global Telehealth<sup>1</sup> provides convenient access to quality health care 24/7, available through Cigna Envoy® or the Cigna Wellbeing® app.

Global telehealth gives you access to licensed doctors 24/7 around the world – by phone or video – for non-emergency health issues. Simply arrange a telephone or video consultation from Cigna Envoy or the Cigna Wellbeing app. Appointments are often scheduled for the same day.



## What can I use global telehealth for?

- › **Video or phone consultations** with a licensed doctor
- › **A diagnosis** for non-emergency health issues ranging from acute conditions to complex chronic conditions
- › **Non-emergency pediatric care**
- › **Prescriptions** for common health concerns, when medically necessary
- › **Treating medical conditions** like fever, rash, pain and more
- › **Making preparations** for an upcoming consultation
- › **Discussing** a medication plan and potential side effect






## Cigna Wellbeing App

Taking care of yourself is easier than ever. Wherever you are, you'll have access to services and support to help you with every dimension of your health.

Click on iOS or Android buttons to download<sup>2</sup>



## How does it work?

<b>1</b> <b>Request an appointment.</b> 	<b>2</b> <b>Speak with a doctor.</b> 	<b>3</b> <b>Feel better.</b> 
Use Cigna Envoy or the Cigna Wellbeing app to make an appointment with a doctor anytime, almost anywhere, 24/7.	Your initial global telehealth consultation will be with a general practitioner (GP) – by phone or video.	When necessary, a prescription will be sent to you to take to your local pharmacy.

If the GP feels that you should speak with a specialist, the GP will schedule another telehealth appointment with a Teladoc<sup>3</sup> network specialist.

## Cigna will provide you with access to board-certified doctors based in different locations around the world.

### These health care professionals:

- › Include internal medicine physicians, gastroenterologists, orthopedic specialists, mental health specialists and pediatricians
- › Can write a prescription when necessary and permitted
- › Are available from almost anywhere around the world
- › Offer services in multiple languages, which may include English, Arabic, Cantonese, French, German, Hindi, Hungarian, Japanese, Korean, Malay, Mandarin, Polish, Portuguese, Spanish, and Thai. Video consultations are only available in English and Spanish

### Why is global telehealth such a valuable service?

- › **Affordability.** It's an alternative to doctor office or clinic visits – with no deductibles or coinsurance payments
- › **Convenience.** There's no need to leave the house or your workplace
- › **Around the clock access.** That's 24/7/365 access to a top doctor, usually within 24 hours (time can fluctuate depending on language preference)
- › **Flexible scheduling.** Have mobile app access to real-time scheduling, so you can set up your appointment easily, at a time that works for you

Download the free Cigna Wellbeing App, featuring global telehealth, today!

Together, all the way.®



1. Products and services are subject to availability and may not be available in all jurisdictions. Terms and conditions may apply.

2. The downloading and use of the Cigna Envoy Mobile App or Cigna Wellbeing App are subject to the terms and conditions of the App and the online store from which they are downloaded. Standard mobile phone carrier and data usage charges apply.

3. Cigna offers global telehealth in partnership with Teladoc. All doctors are licensed in the countries where they practice medicine and are fully qualified and trained to provide this service.

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Telehealth services may not be available in all jurisdictions. In general, to be covered by your plan, services must be medically necessary and used for the diagnosis or treatment of a covered condition. Not all prescription drugs are covered and prescriptions are not guaranteed to be written. Providers are solely responsible for any treatment provided and are not affiliated with Cigna. Not all providers have video chat capabilities and video chat may not be available in all areas. Telehealth providers are separate from your health plan's provider network.

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