

# PRIMARY CARE WITHOUT THE WAIT — OR THE WAITING ROOM.

Virtual primary care\* helps put your employees on a path to better health.



Your employees stay busy, both on the job and in their daily lives. And, while they may have the best of intentions when it comes to maintaining their health, it may not have been a top priority. After all, doctors' appointments traditionally involve time and travel — usually during the work week.

Good news for you and your employees: **Cigna offers virtual primary care through MDLIVE.<sup>®</sup>** This convenient option makes it easy for your employees to connect to a board-certified primary care provider (PCP) for routine care, plus preventive care with wellness screenings — all on a schedule that works for your employees.

When care is this convenient, your employees may be more likely to address potential health issues before requiring a costly emergency room (ER) visit or hospital stay. That can mean a healthier workforce — even a healthier bottom line. Best of all, access to virtual primary care is available to your employees and their eligible dependents,<sup>1</sup> as part of their health plan benefits.

## Routine and preventive care that works for — and with — your employees

- Connect to care from just about anywhere via video or phone
- Schedule an appointment through myCigna.com in just minutes
- Get virtual primary care 7 days a week, 365 days a year, including flexible hours
- Access board-certified physicians for routine care, as well as preventive care with wellness screenings
- Build a relationship with the same PCP for follow-ups
- Receive prescriptions, if appropriate, that can be sent to a local or home delivery pharmacy
- Undergo labs, blood work and biometrics at local facilities<sup>2</sup>
- Receive referrals to specialists, when appropriate

## Virtual primary care from MDLIVE is available for your employees when they need it now or down the road.



**76%** of people are now interested in using telehealth, compared to the **11%** that used telehealth in 2019.<sup>3</sup>



Approximately **1 in 3** visits will be virtual in the future.<sup>4</sup>



**83%** of patients expect to use virtual care after the pandemic.<sup>5</sup>



### 3 easy steps to connect to care

Virtual primary care visits are convenient, easy and affordable. To schedule an appointment:



Access MDLIVE by logging into myCigna



Select primary care and choose which type of visit (routine or wellness)



Make an appointment whenever it's convenient

Appointments are available via video or phone, whenever it's most convenient for your employees. Wellness screenings are also available at no cost to the employee or their eligible dependents ages 18+, as part of preventive care.



**Virtual primary care from MDLIVE is available for your employees when they need it.**



\* Cigna 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 may not be available in all areas. Virtual primary care through MDLIVE is only available for Cigna medical members aged 18 and older. Services not available to exempt clients.

1. Available to your employees with Cigna benefits and their eligible dependents ages 18+.
2. Limited to LabCorp and Quest labs contracted with MDLIVE for virtual primary care.
3. Telehealth: A quarter-trillion-dollar post-covid reality? July 9, 2021. <https://www.mckinsey.com/industries/healthcare-systems-and-services/our-insights/telehealth-a-quarter-trillion-dollar-post-covid-19-reality>.
4. Health NEWFUTURE: Virtual health reaches the point of no return — but is the healthcare industry ready to sustain it? June 30, 2020. <https://www.accenture.com/us-en/blogs/insight-driven-health/healths-newfuture>.
5. ME online, "Four new statistics that prove telemedicine isn't a pandemic fad," July 8, 2020, <https://www.medicaleconomics.com/view/four-new-statistics-that-prove-that-telemedicine-isn-t-just-a-pandemic-fad>.

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