



Prevention is the Best Medicine—and It's Covered 100%.

All Murgado employees and family members who are enrolled in one of our medical plans have access to a large, national network of Cigna providers and preventive care is covered 100%.



Preventive care can help find and stop illness before it starts—here's what's covered:



Annual check-up or wellness exam



Flu shot and immunizations for certain diseases (chickenpox, HPV, measles, mumps, rubella, polio and more)



Well-baby and well-child appointments



Mammogram, colonoscopy and other cancer screenings (prostate, lung and cervical cancer screenings)



Routine gynecological exams (well-woman visits)



Screenings for health conditions (diabetes, depression and osteoporosis)

Your PCP can help you coordinate what tests and vaccines are right for you. They may consider things like:

- Your age
- Your health history
- Your family history
- Your current health status



For more information on no-cost preventive care and to find an in-network provider, visit our employee benefits site at flimp.live/murgadobenefits.