



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



Well-baby and well-child appointments



Routine gynecological exams (well-woman visits)



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



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



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.