More virtual providers. More care options. More confidence.

An approach to care that's better by design.



Cigna Healthcare® makes it easier to get fast, trusted and convenient virtual care[1] from a wide range of providers.

Sometimes all it takes is one extra hurdle—like a long wait time, difficulty finding a provider or the hassle of taking time off work—to delay a necessary appointment. But those delays can lead to higher costs and more serious health issues.

That's why we offer a curated network of virtual, in-network providers—strategically selected to address high-impact health needs and cost drivers.

We're expanding our virtual provider network to improve access, reduce health disparities and deliver a more seamless experience.

- ✓ **Care in hours or days, instead of weeks or months**
- ✓ **Condition-specific expertise**
- ✓ **Convenient access at a lower cost**

Find the right virtual care, all on myCigna®:

- **Primary care**
- **Urgent care**
- **Dermatology**
- **Women's health**
- **Nutrition**
- **Physical therapy**
- **Musculoskeletal**
- **Speech therapy**
- **Sleep apnea**
- **Cardiac health**
- **Chronic pain**
- **Digestive health**
- **LGBTQIA+ care**
- **Behavioral health**

When employees search by doctor name, condition or keyword, they can select "virtual" providers or look for pop-up boxes promoting featured virtual care providers.

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Offered by Cigna Health and Life Insurance Company

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Cigna Healthcare virtual care network

Virtual care from Cigna Healthcare features our nationally contracted providers, included in network at no additional cost to the client.

Condition category	Providers	Description
Primary care/Urgent care/ Dermatology	MDLIVE®	• Urgent care: over 100 non-emergency conditions • Primary care: annual checkups; ongoing care preventive screenings • Dermatology: skin, hair and nail conditions; diagnosis/ treatment plan; prescriptions[3]
Women's health	Visana	• Menopause and perimenopause; hormone health; gynecological, sexual, and reproductive health; women's preventive care
	Allara	• Treats hormonal, metabolic and gynecological conditions and unexplained symptoms of the reproductive and endocrine systems
	WILDFLOWER	• Lactation education (virtual and in person) • Doula services (virtual only)
	Aeroflow Health	• Lactation education, pregnancy and postpartum support and resources • Aeroflow breastpumps
	MIDI HEALTH	• Specialized care for women 35+ navigating menopause and midlife health • Treatment plans with hormonal, non-hormonal and lifestyle therapies • Helps with weight gain, insomnia, mood swings and joint pain
	gennev	• Holistic virtual care for menopause and midlife health • Plans tailored to physical, emotional and lifestyle needs • Supports symptoms like hot flashes, brain fog and low libido
	Hey Jane	• Birth control/emergency contraception and treatment for UTI, yeast infection, bacterial vaginosis and herpes
Nutritional counseling	Nourish	• Personalized nutrition care by registered dietitians for health goals and conditions such as weight loss, GLP-1s, diabetes and 20+ other specialties • Mobile app for goal tracking, meal logging and 24/7 access and messaging
	foodsmart™	• Nutrition counseling with registered dietitians • Condition-specific nutrition • Platform for meal planning, grocery lists, and budgeting support
	Kroger®	• Registered dietitians counsel on healthy alternatives, personalized recipes and nutrition counseling for medical conditions

Condition category	Providers	Description
Physical therapy/ Musculoskeletal	ASHCare™	• PT, OT, fall prevention and well-being coaching (stress management, nutrition, sleep, weight management)
	AIRROSTI WE FIX PAIN FAST	• Diagnose and treat most common musculoskeletal and joint conditions, including pain in the neck, back, shoulders, hips, elbows, knees and feet
	joint academy	• Provides treatment for osteoarthritis, joint pain and lower back pain. Addresses osteoarthritis in the knees, hips, and hands, as well as pain in the lower back, neck and shoulders
Speech therapy	GREAT SPEECH	• Nationwide virtual speech therapy for all ages, from children to seniors • Treats speech delays, stuttering, voice disorders and language impairments
Sleep apnea	GEM·SLEEP	• At-home sleep test and treatment • Diagnosis in days, with CPAP or oral appliance therapy options
Cardiac health	Heartbeat	• Same-day diagnostics, instant televisits and Connected Care • ECG, continuous rhythm monitor, echocardiogram, PAD/vascular testing, coronary CTA
Chronic pain management	Override Overcome chronic pain	• Comprehensive pain program care team: pain physician; PT; psychologist; certified pain coach
Digestive health	OSHI HEALTH™	• Medical, nutrition and brain-gut treatments to help manage symptoms • Cares for all digestive issues, including Crohn's, IBS, reflux and unclear stomach problems
LGBTQIA+ care	FOLX	• LGBTQIA+ platform for: for gender-affirming care, primary care, sexual and reproductive health, therapy, mental health care, fertility and family building*

* Membership fees may apply.

For behavioral health virtual care, visit myCigna to find the right provider for you based on your benefits, location and specific needs.

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1. Cigna Healthcare provides access to virtual care through certain third-party service providers. Such third-party service providers are solely responsible for the care and treatment they deliver. Benefits are subject to plan terms and conditions, including applicable exclusions and limitations. These services may not be available in all areas.
2. Virtual primary care through MDLIVE is only available for Cigna Healthcare medical members aged 18 and older.
3. Virtual dermatological visits through MDLIVE are completed via asynchronous messaging. AR, DE, DC, KS, MS, NM, RI, WV require a short video introduction with a dermatologist before receiving a diagnosis and treatment plan.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna Healthcare representative.

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