

HEALTHY MOUTH. HEALTHY LIFE.

That's something to smile about.



CIGNA GLOBAL HEALTH BENEFITS IS HERE TO HELP YOU

At Cigna Global Health Benefits®, we know you're busy and balancing the demands of a hectic work schedule and active personal life can leave little time for you and your health. So finding time to schedule your twice-yearly preventive care visits at the dentist may be the last thing on your mind. But consider this:

- › People who get regular preventive care are 22 percent less likely to need care at an emergency room or urgent care center.¹¹
- › People who do not get preventive care are 1.5 times more likely to develop gum disease, which can cause complications, especially for people with underlying medical conditions.¹



Important reasons to make dentist appointment now.

You may think dental check-ups are all about getting your teeth cleaned. But your dentist does much more than polish your pearly whites when you visit. Regular dental visits are important because they allow your dentist to:

- › Detect cavities (tooth decay) early. Your dentist examines your teeth to find cavities while they're still minor. The earlier you catch them, the less expensive cavities are to treat.
- › Catch gum disease early. Many people with periodontal (gum) disease don't even realize they have it.
- › Detect early-stage oral cancer. Your dentist can check your mouth for signs of oral cancer. This is especially important if you smoke or use tobacco.
- › Check your fillings. Your dentist will examine your fillings to make sure they're secure, and find any that are defective or have decay.
- › Catch dry mouth or bad breath. Your dentist can catch and treat oral conditions that cause dry mouth or bad breath.
- › Review your oral hygiene. Your dentist and hygienist can help you build and maintain good dental hygiene habits.



Find and choose a dentist or dental specialist.

As a covered customer, you have access to the Cigna directory of providers. While you can access care through any licensed provider of your choosing, by selecting a Cigna contracted provider, your costs may be lower and the provider may be able to settle your claim directly with Cigna.

Two important ways to find a provider:

1. Access the online directory of dental providers through Cigna Envoy. Once on the Cigna Envoy home page, select 'Find a Provider' to begin your search.
2. Call our global service center (24/7/365) by using the number on the back of your Cigna ID card.



Cigna Envoy website and app

As a covered customer, you can access care through any licensed provider, which includes the Cigna directory of providers.

It's easy:

1. Launch the mobile app OR go to CignaEnvoy.com and, within the '**Customers**' section, select '**Register**'.
2. Enter your Cigna ID and click '**Register**'.
3. Enter the identifying information, then click '**Register**'. Receive your registration confirmation to your email. Click the link in the email to continue registration.
4. Click '**Activate Cigna Account**'. Now you can set-up your password with the requirements provided on screen.
5. Click '**Confirm Password**'. You'll also be prompted to set up two-factor authentication or you may skip this step. Two-factor authentication is used to provide added security for your account.
6. Choose '**Email or SMS & submit**' or '**Skip authentication**'.
7. Access your account, and read and accept the terms and conditions and any other informational messages.
8. Click '**Continue**'.

Once registered, you can:

- › Access our dental care provider directory.
- › Submit and track claims.
- › Understand your coverage.
- › Update your current mailing address to receive important compliance information and communications related to your coverage.
- › Use the same login credentials to access CignaEnvoy.com and the Cigna Envoy app.

Download the Cigna Envoy App²:



A valuable plan with a wide range of coverage.

No matter whom you choose as your dentist, you'll be glad to know that many plans cover:

- › Preventive care (cleaning, X-rays and more)
- › Basic care (fillings, restorative work)
- › Major services (bridges, crowns and more)
- › Orthodontics

All plans contain exclusions and limitations, and you will need to check your plan's specific details to see which benefits are available to you. In addition, coverage for any of these services may require satisfying any waiting period and/or meeting your deductible.

Together, all the way.[®]



1. "Preventive Dental Treatment Associated with Lower Medical Utilization and Costs." National study of Cigna customers with dental and medical coverage, updated December 2020.

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