



Cigna Members  
**TOOLS AND RESOURCES**  
are available to you at no cost

## Get the most from your Cigna medical plan.

If you are enrolled in a Mister Car Wash medical plan, Cigna provides you with a variety of programs and services to help make your life easier—and healthier.

### Preventive Care

Preventive health coverage is one of the most important benefits of your health plan. Getting the right preventive services at the right time can help you stay healthy by preventing diseases or by detecting a health problem at a stage that may be easier to treat.

The Cigna medical plans cover in-network preventive care at 100%. This includes routine screenings and checkups, as well as counseling to prevent illness, disease, or other health problems.

Talk to your primary care physician to find out which screenings, tests, and vaccines are right for you, when you should get them, and how often. Please be aware that you will be responsible for the cost of any non-preventive care services you receive at your preventive care exam.

**You won't have to pay anything—no deductible, copay, or coinsurance—for preventive services when:**

- You get them from a network doctor or health care provider.
- The main purpose of your visit is to get preventive care.

**Examples of preventive care may include (depending on age):**

- Preventive care physical exams (covered for all ages).
- Routine vaccinations.
- Many cancer screenings, including mammograms and colonoscopies.
- Counseling on quitting smoking, losing weight, eating healthfully, treating depression, reducing alcohol use, etc.
- Counseling, screenings, and vaccines for healthy pregnancies.

**Learn more about preventive care at [myCigna.com](https://myCigna.com).**

### Lifestyle Management Programs

If weight, tobacco, or stress are affecting your health or your ability to live an active life, it may be time to make some changes.

**A health coach can provide you with personalized support to help you:**

- Learn to manage your weight using a non-diet approach that helps you build confidence, change habits, eat healthier, and become more active.
- Understand the sources of your stress, and learn to use coping techniques to better manage stress both on and off the job.
- Develop a personal quit plan to become and remain tobacco free. Nicotine replacement therapies to address the physical addiction may be provided at no cost through the program.

**Online and telephone coaching programs are available to provide you with the support you need. Call 800-244-6224 to speak with a health coach or log into [myCigna.com](https://myCigna.com).**



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## Employee Assistance Program

With work and life come challenges. Your employee assistance program (EAP) can help you and your family deal with them at no extra cost.

**An employee assistance consultant is just a phone call away and ready to help you find practical solutions through:**

- Assistance for you and your household members (even a roommate).
- Phone or online consultation.
- Referral to a licensed behavioral health professional in your community (the plan includes three face-to-face sessions per issue, per year).

**Your assistance program can also suggest online or community services to help you and your family with issues like:**

- Legal concerns.
- Parenting and child care.
- Senior care.
- Pet care.
- Identity theft.
- Financial consultation.

**Call the EAP 24/7/365 at 888-371-1125. To request a referral to see a specialist, call 888-371-1125.**

## Healthy Pregnancy, Healthy Babies

When you're expecting a baby, you have big decisions to make—and probably a lot of questions to ask. Enrolling in the Cigna Healthy Pregnancies, HealthyBabies® program is free, and can help during your pregnancy and after.

- A member of the Cigna team will talk to you about any health issues that could affect your baby.
- You'll get answers to questions and help making more informed choices.
- A Cigna nurse will help you understand your doctor's care plan. Then your nurse will be there to support you throughout your pregnancy.
- You'll also receive a kit with useful tips and tools to help you have a healthier nine months and a healthier baby.

**To enroll in Healthy Pregnancy, Healthy Babies, call 800-615-2906 as soon as you know you are pregnant.**

## Chronic health condition support

Health conditions like diabetes, back pain, depression, arthritis, asthma, or cardiac issues can be tough to live with. Cigna programs combine education with a personalized health management program by your doctor.

**You'll learn how to:**

- Anticipate your symptoms and manage them better.
- Reduce the risk of complications.
- Understand treatment options.
- Focus on stress, weight management, or smoking cessation.

If you need to stay in the hospital, you'll receive support before and after. Understanding and managing your symptoms sooner could ultimately give you back more time and zest for life.



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## Healthy Rewards®\*

**Get discounts on the health products and programs you use every day for:**

- Weight management and nutrition.
- Vision and hearing care.
- Alternative medicine.
- Healthy lifestyle and fitness.

**Learn more about the Healthy Rewards program® at [myCigna.com](https://myCigna.com). Then, just use your ID card when you pay and let the savings begin.**

\* Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. If your Cigna plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. A discount program is NOT insurance and you must pay the entire discounted charge.

## Health Advisor

Even when you're not sure where to begin, you'll get confidential assistance from reliable, compassionate professionals. Health advocates, including nurses, coaches, nutritionists, and clinicians, are available to listen, understand your needs, and help you find solutions.

**Partner with a health advocate to take an active role in your health:**

- Discuss your health assessment results.
- Learn how to access telephone seminars.
- Maintain better eating and exercise habits.
- Learn to better manage health conditions.
- Get information on treatment options so you and your doctor can make decisions that meet your health needs and work best for you.
- Access support 24 hours a day when you need guidance.
- Understand how preventive screenings and annual exams can help you get and stay healthy.
- Ask personal questions about your health coverage.
- Get help finding your way through the health care system.

**Call 800-244-6224 to speak with a health advocate.**