

About Your Medical Plan – CIGNA OPEN ACCESS PLUS (OAP) NETWORK

St. Louis Graphic Arts Joint Health & Welfare Fund now offers Cigna programs.

Personal Website

<https://group.mycareallies.com>
(Password: stlga)

Visit this online resource to learn more about your health, including how to manage chronic conditions like diabetes, osteoporosis, acid reflux, heart disease and many more.

You can also request email updates on a wide variety of specific health topics.

24/7 Nurse Line – 1.800.768.4695

Speak with a Cigna nurse, even in the middle of the night, for confidential assistance with:

- Emergency medical situations like high fevers
- More common injuries and illnesses like the flu
- Treatment alternatives and home care remedies
- New diagnosis and prescriptions

Mothers-to-be can also reach out to the Cigna Nurse Line to help them stay healthy throughout pregnancy.

You can choose to speak with a nurse in English or Spanish, and services can also be translated into 150 other languages.

Health Assessment

<https://group.mycareallies.com>
(Password: stlga)

Complete this simple online questionnaire and receive a thorough review of your overall health.

Learn more about the medical conditions you may be at risk for and what you can do to improve your health and reduce that risk.

Cigna Case Managers

Call the number on the back of your Cigna ID

Case managers can help you manage complex, critical health conditions such as cancer, stroke, cerebral palsy, Crohn's disease, hip/knee joint replacement and more.

Your case manager will work with you to:

- Review treatment alternatives
- Help navigate care in-network
- Get answers to health-related questions
- Review various health care alternatives
- Coordinate post-hospital care

Know Before You Go

For conditions that are not life threatening, the better choice for your health care services are the local participating Urgent Care and Convenience Care centers. Costs are lower than an Emergency Room (ER) visit and no appointment needed. They're staffed by nurse practitioners and physicians and usually have extended hours and treat minor medical concerns that are not life threatening. Many are located in retail stores and Pharmacies, they're often open nights and weekends. Conditions treated are: minor cuts, sprains, burns, rashes, fever and flu symptoms, headaches, chronic lower back pain, joint pain, minor respiratory symptoms, urinary tract infections, common cold/flu, rashes or skin conditions, sore throat, earache, Pregnancy testing. The ER would be used for the immediate treatment of critical injuries or illness. If a situation seems life-threatening, call 911 or go to the nearest Emergency Room. Open 24/7.

Money-Saving Services

Online directory at cignasharedadministration.com; or call the number on the back of your Cigna ID

Use our directory to make sure your doctors and other health care services are part of the Cigna network.

- For laboratory and pathology tests, services from Quest Diagnostics and Laboratory Corporation of America can cost 70%-75% less than the same services provided by hospital-based facilities and other laboratories.
- For MRI or CT scan, using an independent participating radiology center instead of a hospital can save you hundreds of dollars.
- For other procedures, including colonoscopies, endoscopies and arthroscopies, using an independent participating outpatient surgery center instead of a hospital can also save you money.

Before you receive care, use the directory to understand your options; and discuss these options with your doctor.

Wellness Discounts

<https://group.mycareallies.com>
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Locate "Member Discounts" on mycareallies.com and save money on products and services like:

- Weight management and nutrition (Weight Watchers®, Jenny Craig®)
- Massage therapy, acupuncture
- Vitamins and herbal supplements
- Fitness club memberships
- Smoking cessation
- Yoga

Be sure to show your ID card to access discounts!

You don't have to be sick to benefit from Cigna's health assessment or the discounts on wellness products and services. And when you do have health issues or questions, the services from our 24/7/365 Nurse Line are always available. See how Cigna can help you today!

GO YOU®



Offered by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company.

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