

MEDICAL BENEFITS

Administered by Cigna Healthcare

☎ 866-494-2111 | 🌐 www.cigna.com

Intergulf Corporation offers you a choice of two medical plans (1) HDHP Base Open Access Plan (2) Open Access Plus Buy Up Plan.

Plan 1 is a high deductible health plan with all medical and pharmacy claims subject to the deductible.

Plan 2 is a comprehensive PPO with copays and coinsurance.

Both plans have Cigna Open Access network which is the largest national network offered by Cigna. You will receive better discounts by staying in network, but there are out of network benefits available on both plans.

Your medical benefits are based on a calendar year. This means your deductibles and out of pocket maximums will reset on a calendar year basis.

Cigna Medical Plan

Group Name: Intergulf Corporation

Policy Number: 00608535

Effective Date: 01/01/19

If a member or medical office has questions about benefits or eligibility, they may contact an Cigna rep at 1.866.494.2111.

If a referral to an in-network doctor is needed, the member may visit www.mycigna.com.

THE CARE YOU NEED - WHEN, WHERE AND HOW YOU NEED IT.

Introducing Cigna Telehealth Connection.



Choice is good. More choice is even better.

Now Cigna provides access to **two** telehealth services as part of your medical plan - **AmWell** and **MDLIVE**.

Cigna Telehealth Connection lets you get the care you need - including most prescriptions - for a wide range of minor conditions. Now you can connect with a board-certified doctor via video chat or phone, without leaving your home or office. When, where and how it works best for you!

Choose when: Day or night, weekdays, weekends and holidays.

Choose where: Home, work or on the go.

Choose how: Phone or video chat.

Choose who: AmWell or MDLIVE doctors.

Say it's the middle of the night and your child is sick. Or you're at work and not feeling well. If you pre-register on both AmWell and MDLIVE, you can speak with a doctor for help with:

- › sore throat
- › fever
- › rash
- › headache
- › cold and flu
- › acne
- › stomachache
- › allergies
- › UTIs and more

The cost savings are clear

Televisits with AmWell and MDLIVE cost less than going to a convenience or urgent care clinic, and significantly less than going to the emergency room. And the cost of a phone or online visit is the same or less than with your primary care provider. Remember, you should only use telehealth services for non-life threatening conditions.

Signing up is easy!

- › Set up and create an account with one or both AmWell and MDLIVE
- › Complete a medical history using their "virtual clipboard"
- › Download vendor apps to your smartphone/mobile device*

Choose with confidence

AmWell and MDLIVE are both quality national telehealth providers, so you can choose your care confidently. When you can't get to your doctor, Cigna Telehealth Connection is here for you.

Register for one or both today so you'll be ready to use a telehealth service when and where you need it.

AmWellforCigna.com**
855-667-9722

MDLIVEforCigna.com**
888-726-3171

Together, all the way.®



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