



**WHEN IT COMES TO  
HELPING PREVENT DISEASE,  
WE'VE GOT YOU COVERED.**



### **Importance of preventive care**

Checkups, immunizations and screenings are an important part of staying healthy. They can help detect or prevent serious diseases and keep you in tip-top shape. And, if your doctor is part of the Cigna network, many plans cover preventive services at 100%\*. Your primary care physician can help you coordinate what tests and shots are right for you, based on your age, gender and family history. Covered services include things like:

- › **Wellness visits**
- › **High blood pressure and cholesterol tests**
- › **Diabetes and colon cancer screenings**
- › **Breast exams and mammograms**
- › **Pap tests**

**Where to go. Who to see. What it'll cost. Find it on [myCigna.com](https://mycigna.com) or call the number on your Cigna ID card.**

**Together, all the way.™**

\*Check your plan materials for details about your specific medical plan coverage

"Cigna" and the "Tree of Life" logo are registered service marks, and "Together, all the way." is a service mark, of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by or through such operating subsidiaries, and not by Cigna Corporation. Such operating subsidiaries include Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, and HMO or service company subsidiaries of Cigna Health Corporation.

858490 a 12/14 © 2014 Cigna. Some content provided under license.