

Cigna Information

CIGNA ONE GUIDE ENROLLMENT SUPPORT LINE

Cigna One Guide service is available to you now. Call a Cigna One Guide representative to get personalized, useful guidance. Your personal guide will help you:

- Easily understand the basics of health coverage.
- Identify the types of health plans available to you.
- Check if your doctors are in-network to help you avoid unnecessary costs.
- Get answers to any other questions you may have about the plans or provider networks available to you.

Don't wait until the last minute to enroll. Call 1 (800) 401-4041 to speak with a Cigna One Guide representative today.

FINDING A DOCTOR IN CIGNA'S NETWORK

1. Go to [Cigna.com](https://www.cigna.com), and click **Find a Doctor** at the top of the screen. Then, under **How are you Covered?** select **Employer or School**.
2. Change the geographic location to the city/state or zip code you want to search. Select the search type and enter a name, specialty, or other search term. Click on one of the suggestions or the magnifying glass icon to see your results.
3. Answer any clarifying questions, and then verify where you live (as that will determine the networks available).
4. **Optional:** Select one of the plans offered by your employer during open enrollment.

You can also refine your provider search results by distance, years in practice, specialty, languages spoken, and more.

CIGNA WEBINARS

HSA Plan with Vision

October 28 | 12 p.m. <https://une.zoom.us/j/92995078772>

Basic/Enhanced Plans with Vision

October 30 | 12 p.m. <https://une.zoom.us/j/97837322769>

Other Insurance Information

DENTAL INSURANCE

If you have specific questions regarding your dental insurance coverage, contact Delta Dental's member services team directly at any point, and they will be happy to assist you.

Delta Dental: 1 (800) 832-5700

DELTA DENTAL WEBINAR

October 29 | 12 p.m. <https://une.zoom.us/j/96854372102>

FLEXIBLE SPENDING ACCOUNTS

If you have specific questions regarding your 2026 medical and/or Dependent Care Flexible Spending Account, contact Flores247's member services team directly at any point, and they will be happy to assist you.

Flores247: 1 (800) 532-3327

SHORT TERM DISABILITY AND SUPPLEMENTAL LIFE INSURANCE

If you have specific questions regarding your Short Term Disability or Life Insurance coverage, contact The Standard's member services team directly at any point, and they will be happy to assist you.

Life Insurance: 1 (800) 628-8600

Short Term Disability Insurance: 1 (800) 368-2859

Long Term Disability Insurance: 1 (800) 368-1135