



TALK TO A DOCTOR ANYTIME, FROM ANYWHERE

**Access Global Telehealth through
your Cigna Wellbeing™ app**

Together, all the way.™



There are times when you just need to speak to a doctor, but sometimes arranging a visit is difficult to manage. Now you can have convenient access to quality health care through Global Telehealth, a service available in the Cigna Wellbeing™ app.

Global Telehealth gives you access to licensed doctors around the world for non-emergency health issues. Simply arrange a telephone or video consultation from your Cigna Wellbeing app. Appointments are often scheduled for the same day.

WHAT CAN I USE GLOBAL TELEHEALTH FOR?



Video or phone consultations with a licensed doctor.



Prescriptions or common health concerns, when medically necessary.



A diagnosis for non-emergency health issues and acute conditions.



Preparing for an upcoming consultation or hospitalisation.



Discussing a medication or treatment plan and potential side effects.

WHY IS GLOBAL TELEHEALTH SUCH A VALUABLE SERVICE?

› **It's affordable.** It's an alternative to doctor office or clinic visits – with no deductibles or coinsurance payments.

› **It's easy.** There's no need to leave the house or your workplace.

› **It's accessible around the clock.** That's 24/7/365 access to a top doctor, usually within 24 hours (time can fluctuate depending on language preference).

› **It's flexible.** You have mobile app access to real-time scheduling, so you can easily set up an appointment, at a time that works for you.

› **It's multilingual.** Currently, video consultations are available in English and Spanish while telephonic consultations are available in English, Spanish, French, German, Portuguese, Mandarin Chinese, Japanese and Arabic.

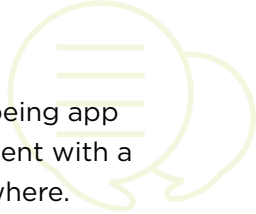


HOW DOES IT WORK

Request an appointment.

1.

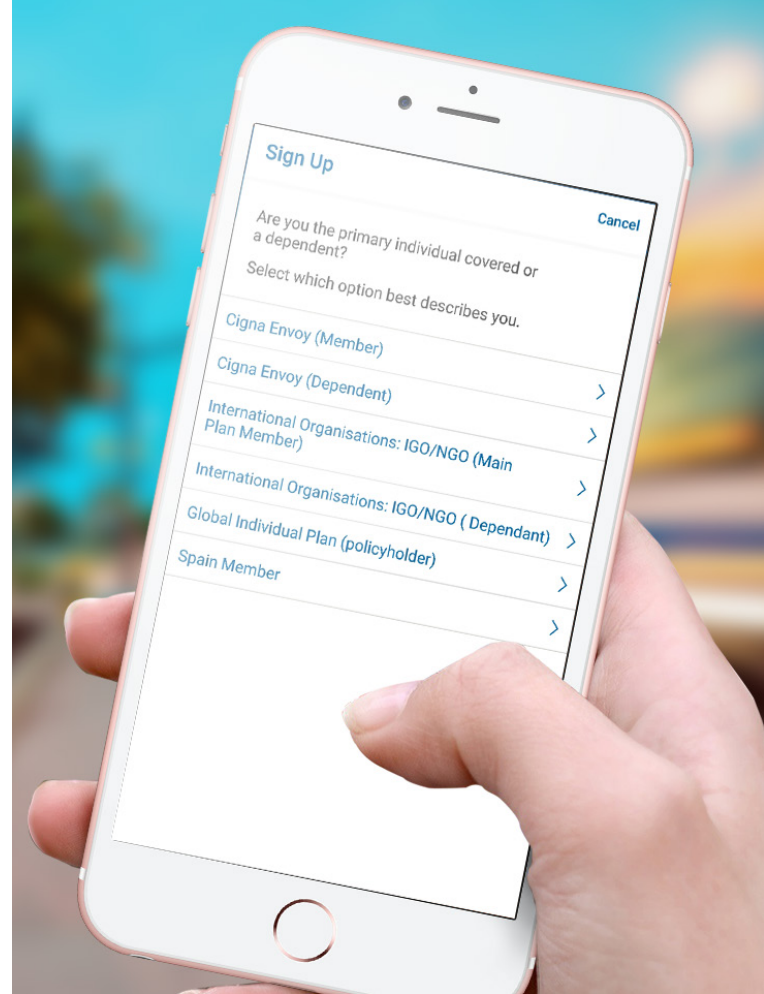
Use your Cigna Wellbeing app to make an appointment with a doctor anytime, anywhere.



LOG IN TO THE CIGNA WELLBEING APP

To log in to the Cigna Wellbeing app, select the '*International Organisations*' option for Plan Member or Dependant.

You can then enter your Personal Reference Number and Password.





Speak with a doctor.

2.

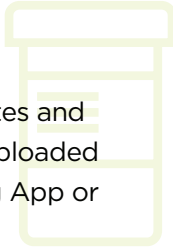
Your initial Global Telehealth consultation will be with a general practitioner (GP) – by phone or video.

The doctors will listen to your specific concerns and provide clear advice and guidance on the best steps to take. You will be able to share documents, images and files to help explain your symptoms or condition.

The Global Telehealth doctors can also help you understand the local health care system so you can make the most of your actual visit to your doctor's office.

Feel better.

3.



After a consultation, notes and prescription(s) will be uploaded to your Cigna Wellbeing App or emailed to you.

The GP can schedule another Global Telehealth appointment with a specialist if needed.

Global Telehealth will give you peace of mind and the treatment you need to get well.

CONNECTING YOU TO BETTER HEALTH, WHEREVER YOU GO.

Download the Cigna Wellbeing
app today!



Cigna Wellbeing™ app

Taking care of yourself is easier than ever. Wherever you are, you'll have access to services and support to help you with every dimension of your health.

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