Payer Solutions

A healthy lifestyle starts with preventive care.

Stay proactive - schedule a check-up and flu shot today.



Stay in control of your health.

You've got a lot on your plate, but taking the time to get a preventive care screening and flu shot now can save the time and hassle of dealing with bigger health problems later.



Certain underlying conditions show no outward symptoms – including high cholesterol, which increases the risk for heart disease and stroke.¹

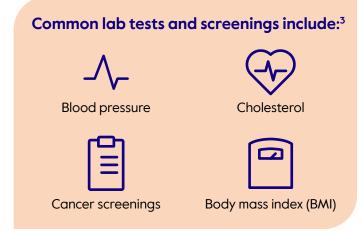
Annual screenings can help identify medical conditions early, so it's important to get screened regularly as part of your overall wellness routine. Plus, preventive care services are 100% covered² by most health insurance plans.

It's more than a physical.

Your annual check-up is about the whole you, both body and mind. If you're feeling anxious or lonely or are having trouble balancing home and work, be sure to let your provider know.

Preventive care keeps you informed.

Get a clearer picture of your health numbers and risk factors so you can make informed diet, exercise, and lifestyle decisions.



Do your part by getting a flu shot.

The Centers for Disease Control and Prevention (CDC) recommends that everyone six months and older get an annual flu vaccination.⁴ Protect yourself and your family by helping to slow the spread this flu season.



Contact your primary care provider to schedule your annual check-up and flu shot.

Log in to **Cigna.com**[®] or **myCigna.com**[®] or use the **myCigna[®] App** to find a local provider in your plan's network.

- 1. CDC, "About Cholesterol." May 15, 2024. Accessed at cdc.gov, August 2024.
- 2. Not all preventive care services are covered, and different plans may cover different things. For example, immunizations for travel are usually not covered. See your plan materials for a complete list of covered preventive care services.
- 3. This information is for educational purposes only. It's not medical advice. Always ask your doctor for appropriate examinations, treatment, testing, and care recommendations.
- 4. CDC, "Vaccination Guidelines." Accessed at CDC.gov, August 2024.

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