

# SEE THE DIFFERENCE with Cigna Vision



Getting a regular eye exam is important for your vision and keeping your eyes healthy. It's estimated that 61 million adults in the United States are at risk for serious vision loss, yet only half have visited an eye doctor in the past 12 months.<sup>1</sup> Eye diseases like glaucoma, cataracts and macular degeneration can seriously affect the way you see. So schedule some time for an eye doctor to take a good look at your eyes with a vision and eye-health exam.

## Eye-opening information

A routine eye and vision exam can help your doctor test your vision and spot the early stages of eye disease. As part of your exam, it's also important to get your eyes dilated. In addition to spotting certain eye diseases, getting your eyes dilated can help diagnose the early stages of diabetes - far earlier than even a regular health check-up.

## Keep an eye on your kids

Eye exams aren't just for adults. They're also very important for children. According to the American Optometric Association, one in four children has a vision problem that can affect their learning.<sup>2</sup> And even though your kids may get a vision test at school or their pediatrician's office, chances are it's not enough

to detect a serious eye disorder. That's why it's important to have your child visit an eye doctor, such as an optometrist or ophthalmologist. These specialists can help check your child's vision and eye health.

## Make the most of your vision coverage

With your Cigna Vision<sup>3</sup> plan, you have access to quality vision care for you and your family. Your plan provides access to a routine eye exam and may include glasses and/or contact lenses. Check your plan materials for details.

[myCigna.com](https://myCigna.com)

**GO YOU.**<sup>®</sup>



## Finding an eye doctor

Choosing an eye doctor is easy with Cigna. Here are a few things to keep your eye on:

- If you pick an eye doctor from Cigna Vision's large network, you'll save the most money. And, with the largest specialty network of optometrists, ophthalmologists and nationally recognized eye care retailers,<sup>4</sup> you'll have plenty of quality choices.
- Want to see someone different than the rest of your family? No problem. Each covered family member can choose his or her own eye doctor.
- All of the eye care professionals in our network meet the high standards of the National Committee of Quality Assurance (NCQA).

There are three ways to find a quality eye doctor in your area:

1. Log in to **myCigna.com**, go to your Cigna Vision coverage page and search the Cigna Vision Directory.
2. Don't have access to **myCigna.com**? Go to **Cigna.com** and click on the orange Find a Doctor tab at the top. Then select "Eye Doctor" from the list below and click on the "Cigna Vision Directory" link.
3. Call the toll free number found on your Cigna insurance card and talk to a Cigna Vision customer service representative.

If you decide to see a doctor who's not in the network, you'll have to pay the total amount due at your appointment. To get reimbursed, you'll need to

submit a Cigna Vision claim form with an itemized receipt. You can find the claim form on **myCigna.com** or on **Cigna.com** on the "Forms" page. You are responsible for paying any charges that are not covered under your plan.

## Looking for help?

If you have questions, we've got answers. From help finding a doctor to information about coverage and claims, our customer service representatives are just a phone call away.

Call the toll free number found on your Cigna insurance card and talk to Cigna Vision customer representative.

You can also log in to **myCigna.com** to get your personalized plan information anytime, from anywhere. Designed with you in mind, **myCigna.com** is easy to use and makes information easy to find.



1. Center for Disease Control and Prevention, National Data, September 2009.

2. American Optometric Association, "Comprehensive Eye Exams Particularly Important for Classroom Success." August 2008 Press Release.

3. In Arizona and Louisiana, the Cigna Vision product, insured by Connecticut General Life Insurance Company, is referred to as CG Vision.

4. Based on publicly available competitive industry numbers.



Benefits are underwritten or administered by Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company. Any benefit information is intended as a summary of benefits only. It does not describe all the terms, provisions and limitations of your plan. Participating providers are independent contractors solely responsible for your routine vision examinations and products.

"Cigna," the "Tree of Life" logo and "GO YOU are registered service marks, and "Cigna Vision," "Cigna Vision Network" and "Vision Network Savings Program" are service marks, 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, including Connecticut General Life Insurance Company and Cigna Health and Life Insurance Company, and not by Cigna Corporation. All models are used for illustrative purposes only.