

Choose the Right Place to Go for Care

Knowing where to go for care can save you time, money, and hassle. Our Medical plans give you a variety of care options for any medical issues you may face. Remember to save the Emergency Room for true emergencies.



Cigna Nurseline
FREE

855-673-3063

- Free with Cigna Medical plan
- Call **855-673-3063** to speak with a nurse 24/7
- No appointment needed
- A registered nurse will help you decide the best site for care based on the symptoms you provide



Teladoc Virtual Primary Care
\$

teladoc.com
855-835-2362

- Speak with a doctor virtually
- Appointment is needed
- Receive care for non-urgent conditions, chronic condition diagnosis and management, wellness visits, lab and MRI orders, vaccinations, prescription refills, and more...
- Registering with Teladoc takes less than 10 minutes, and you only need to register once for all Teladoc services



Teladoc Virtual 24/7 Urgent Care
\$

teladoc.com
855-835-2362

- Speak with a doctor virtually 24/7, no appointment needed
- Guidance on urgent medical conditions, like bronchitis, ear infections, influenza, sore throat, sinus problems, and upper respiratory infection, and more...
- Registering with Teladoc takes less than 10 minutes, and you only need to register once for all Teladoc services



Traditional Office Visit
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my.cigna.com
800-244-6224

For scheduled in-person visits with a doctor for treatment of:

- Preventive care services
- Chronic conditions
- Illnesses and injuries
- Mental health concerns



Traditional Urgent Care Center
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my.cigna.com
800-244-6224

For urgent conditions requiring in-person care, such as:

- Stitches
- Minor burns
- Fever
- Abdominal pain
- Sports injuries



Emergency Room
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my.cigna.com
800-244-6224

Treatment of life or limb-threatening conditions, such as:

- Chest pain
- Stroke symptoms
- Severe lacerations
- Broken bones
- Head and eye injuries