

# SEE THE DIFFERENCE

with Cigna Vision.

A regular eye exam is important for keeping your eyes healthy. Eye diseases like glaucoma, cataracts and macular degeneration can affect the way you see. Schedule some time with an eye doctor for 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. It's important to get your eyes dilated during the exam. This can help spot certain eye diseases, including the early stages of diabetes.

## Keep an eye on your kids

Eye exams aren't just for adults. They're also important for children. According to the American Optometric Association, one in four children has a vision problem that can affect their learning.\*\*

Your kids may get a vision test at school or at their pediatrician's office. But these exams might not catch 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 plan, you and your family have access to quality vision care. Your plan provides coverage for routine eye exams and may include glasses and/or contact lenses. Check your plan materials for details.

Also, make sure you know the difference between in-network and out-of-network coverage.



The inability of the eye to clearly focus on objects, known as a refractive error, is one of the most common and correctable causes of visual impairment in the United States.\*

**In-network:** You'll save the most money if you pick an eye doctor from Cigna Vision's large network. And you'll have lots of choices. We offer the largest specialty network of optometrists, ophthalmologists and nationally recognized eye care retailers.\*\*\*

**Out-of-network:** If you choose 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](https://mycigna.com) or on [Cigna.com](https://cigna.com) on the "Forms" page. The whole amount may not be covered. You're responsible for paying any charges not covered under your plan.

Together, all the way.<sup>SM</sup>



## Finding an eye doctor

Please be aware that the Cigna Vision network is different from the networks supporting our health/medical plans.

Choosing an eye doctor is easy with Cigna. There are three ways to find a quality in-network eye doctor in your area:

1. Log in to **myCigna.com** and go to your Cigna Vision coverage page. Select “View Details.” Then select “Find a Cigna Vision Network Eye Care Professional” to 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 “Vision Directory – Routine Eye Exam & Eyewear” from the list.
3. Call the toll-free number found on your Cigna Vision ID card and talk with a Cigna customer service representative.

## Looking for help?

If you have questions, we’ve got answers. Our customer service representatives can help you find a doctor and answer questions about coverage and claims.

Call the toll-free number found on your Cigna Vision ID card to talk with a Cigna customer representative.

Or visit **myCigna.com** for personalized plan information.



\* CDC Vision Health Initiative: Common Eye Disorders, April 2013.

\*\* College of Optometrists in Vision Development: August is Vision & Learning Month, August 2014.

\*\*\* Based on publicly available competitive industry numbers.

The eye care professionals and facilities that participate in the Cigna Vision network are independent practitioners solely responsible for the treatment and services provided to their patients. They are not agents of Cigna.

“Cigna” and the “Tree of Life” logo are registered service marks, and “Together, all the way.” is a service mark, 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 Cigna Health and Life Insurance Company and Connecticut General Life Insurance Company, and not by Cigna Corporation. All models are used for illustrative purposes only.