

# HEALTH INFORMATION 24/7

## It's 2 a.m.

**Your child has a fever.** Or you're traveling, you don't feel well, and you are unsure about the symptoms. Or you helped a friend on moving day, you injured your back, and you don't know if you should treat it yourself or see your doctor.

## The answers are as close as the phone.

When you choose Cigna, you have access to a valuable health information resource anytime you need it. Anywhere in the U.S.

You and your participating family members can call the Cigna 24-Hour Health Information Line<sup>SM</sup> any time, any day of the year and receive assistance and answers to your health care questions. Speak with a specialist trained as a nurse or, if you prefer, listen to any of the more than 1,000 topics in our Health Information Library.

## Your call is always free and the number is always handy because it's printed right on your Cigna ID card.

It's just one of the benefits of choosing Cigna. Use this bookmark so you'll always know exactly where to turn.

Visit  
for more information!

**GO YOU**<sup>SM</sup>

Offered by: Connecticut General Life Insurance Company  
or Cigna Health and Life Insurance Company.



**The Cigna 24-Hour  
Health Information Line**

**Call the toll-free number  
on your Cigna ID card.**



**Helpful health information  
by phone. Whenever  
you need it.**

Tension Headaches

Sinus Problems

Face-Lifts

Pinkeye

Rhinoplasty (Nose Job)

Bad Breath

Thumb Sucking

Breast Cancer

Teenage Concerns

Breathing Others' Smoke

Snoring and Sleep Apnea

Starting an Exercise Program

Symptoms

Diabetes and Exercise

Lyme Disease

Sprains and Strains

Can Your Diet Prevent Cancer?

Kidney Infections

Urinary Tract Infections

Snacking for Weight Control

HIV/AIDS

Information and Referral

Prostate Cancer

Pregnancy and Childbirth

Ovarian Cysts

Hemorrhoids

Knee Injuries

Ingrown Toenails

**Plus more than a thousand  
other topics from head to toe,  
inside and out.**

**Toll-free nationwide for  
participants only.**



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