



More reasons to smile

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CIGNA Dental
A Business of Caring.

CIGNA Dental refers to the following operating subsidiaries of CIGNA Corporation: Connecticut General Life Insurance Company, and CIGNA Dental Health, Inc., and its operating subsidiaries and affiliates. The CIGNA Dental Care plan is provided by CIGNA Dental Health Plan of Arizona, Inc., CIGNA Dental Health of California, Inc., CIGNA Dental Health of Colorado, Inc., CIGNA Dental Health of Delaware, Inc., CIGNA Dental Health of Florida, Inc., a Prepaid Limited Health Services Organization licensed under Chapter 636, Florida Statutes, CIGNA Dental Health of Kansas, Inc. (Kansas and Nebraska), CIGNA Dental Health of Kentucky, Inc., CIGNA Dental Health of Maryland, Inc., CIGNA Dental Health of Missouri, Inc., CIGNA Dental Health of New Jersey, Inc., CIGNA Dental Health of North Carolina, Inc., CIGNA Dental Health of Ohio, Inc., CIGNA Dental Health of Pennsylvania, Inc., CIGNA Dental Health of Texas, Inc., and CIGNA Dental Health of Virginia, Inc. In other states, the CIGNA Dental Care plan is underwritten by Connecticut General Life Insurance Company or CIGNA HealthCare of Connecticut, Inc. and administered by CIGNA Dental Health, Inc. The CIGNA Dental PPO is underwritten or administered by Connecticut General Life Insurance Company with network management services provided by CIGNA Dental Health, Inc., and certain of its operating subsidiaries. The CIGNA Traditional plan is underwritten or administered by Connecticut General Life Insurance Company.



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Helping you make the
most of your
CIGNA Dental benefits.



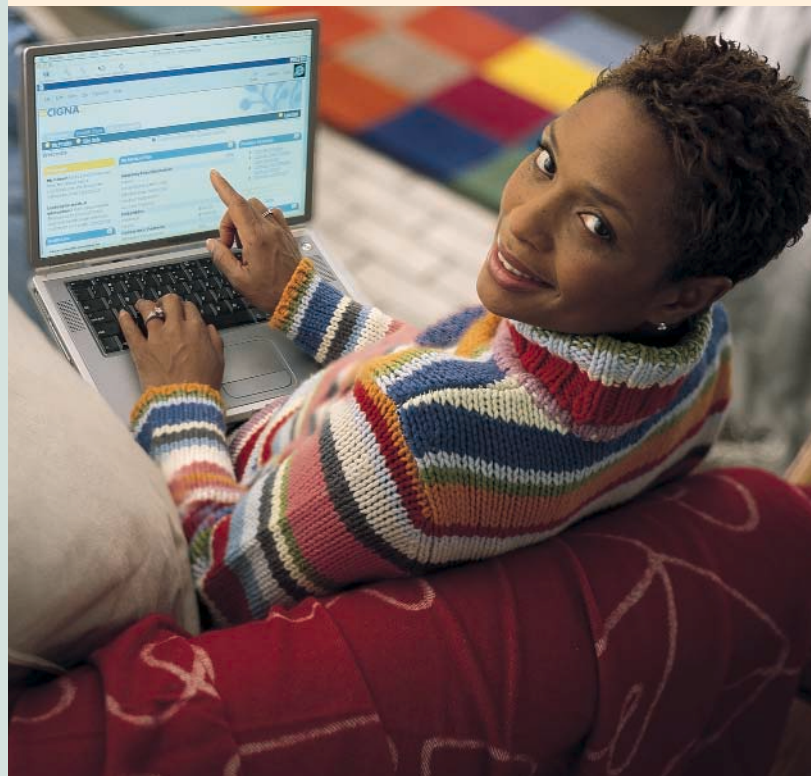
Find

dental benefit information specifically for and about you — online, @ your convenience.

Once you are enrolled in a CIGNA Dental plan, our secure, easy-to-use web site, **myCIGNA.com**, gives you the tools you need to make informed health care decisions for you and your family. Depending upon your covered dental plan benefits, you can:

- **Review** your dental plan information.
- **Learn** about the CIGNA Dental programs available to you.
- **Order** a dental ID card.
- **View** the status of dental claims for you and your dependents.
- **Find** and change network dentist offices.
- **Get** dental health news and information from trusted sources that will help you make informed dental decisions, and much more.

To get started, go to **myCIGNA.com** from any computer with internet access. Follow the simple instructions to register and access your secure personal benefits page.



Some Healthy Rewards are not available in all states. Additionally, not all Healthy Rewards programs are available to members of CIGNA HealthCare of California, Inc., CIGNA Dental Health of California, Inc. and CIGNA Behavioral Health of California, Inc. A discount program is NOT insurance and the member must pay the entire discounted charge. Healthy Rewards programs are separate from your dental benefits.

Locate

participating dental providers and create your own personal dental directory.

If you are enrolled or thinking about enrolling in a CIGNA Dental plan, it's quick and easy to search for participating network dentists and specialists at **www.cigna.com**. You can also create, download, and print a personal directory to have on hand anytime you need it.

- **Select** "Provider Directory" from "Popular Links" on the cigna.com home page.
- **Enter** your criteria — search by name for a specific provider, or by location and distance to find one close by.
- **Indicate** your plan and the type of dentist you need. This helps ensure that you see just what you're looking for.
- **Review** the results. Get a complete profile including education, languages spoken, and a detailed map with directions. *(Driving directions are not available in Puerto Rico.)*

Expand

your health options — at discounted prices.

Through **Healthy Rewards**®, CIGNA Dental members get access to a full range of health and wellness programs and services often not covered by traditional benefits plans. **Healthy Rewards** also can save you money whenever you use **Healthy Rewards** participating providers. To find them, simply call 1.800.870.3470. Or visit **www.cigna.com/healthyrewards**.

Programs include:

- Weight Watchers®
- QuitNet and Tobacco Solutions smoking cessation programs
- Chiropractic care
- Acupuncture
- Massage therapy
- Eye exams, frames & lenses
- Laser vision correction
- Fitness club memberships
- Hearing care
- And much more!

