

WE'RE HERE FOR YOU AND YOUR COMMUNITY

Important information and resources during this time of uncertainty

Cigna is committed to helping improve the health, well-being and peace of mind of those we serve.

We understand that the uncertainty we're living with during this global pandemic can feel overwhelming and we're here to help. From answers to your questions about care and coverage to guidance and support related to your psychological health, we've assembled a range of resources and information to help you navigate the COVID-19 crisis.

VISIT [CIGNA.COM/COVID-19](https://www.cigna.com/covid-19)



As this situation continues to evolve, Cigna is providing resources, information and answers to your questions.

Visit [Cigna's Coronavirus \(COVID-19\) Resource Center](https://www.cigna.com/coronavirus) for the latest information including:

- › Resources and information for Customers, Employers, Brokers, Healthcare Professionals and the community.
- › Answers to Frequently Asked Questions – about access to care, testing and treatment, getting medications and more.
- › Tools to assist you including a Symptom Checker and Testing Site locator
- › Help finding virtual care
- › Videos, articles and other resources for you to help protect yourself and others
- › Resources to support your emotional health and well-being from podcasts to local community resources

Together, all the way.®



It's normal to feel anxious, frustrated, sad, and you may even start to worry about the effect it will have on your mental health.

You are not alone in this and there are ways you can manage these feelings. Taking care of your emotional health and well-being is more important than ever. Find [Mental Health and Behavioral Resources](#) including:

- › Webinars, podcasts and articles on managing anxiety, fear and concerns, compassion and self-care, resilience in challenging times, supporting children and teens, and more.
- › Additional resources around stress management, Veteran support, Caregiver support and more.
- › A library of educational videos and resources on a variety of other mental health issues.
- › Community Resources including access to Aunt Bertha social care network - to find help with food, transportation, childcare and more.
- › And, resources specifically for frontline healthcare workers and others battling Coronavirus (COVID-19.)

As the type of support and resource needs evolve, we continue to update the [COVID-19 Resource Center](#) to provide the latest information for our customers, clients and community.

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