

CHOOSE WELL



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Let **myCignaPlans.com** help you make the right choice in health plans for you and your family.

What you'll find:

- › Powerful tools to help you estimate your costs for the coming year. You can even compare your employer's medical plan options, side by side, including the amount taken from your payroll
- › A directory of doctors, hospitals and other services that participate in the Cigna network
- › Benefit summaries that highlight what your plan covers
- › Average costs of common procedures and diagnoses
- › Frequently asked questions and answers
- › A glossary of medical terms

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

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