



XL Insurance  
Reinsurance

# My benefits

Now that Annual Enrollment is over, it's time to think about what your benefits can **and** should do for you. At XL Catlin (part of the AXA XL Division), we want to make sure you're taking advantage of all of the available resources so you get the most of your benefits.

## I'VE ENROLLED IN AN XL CATLIN MEDICAL PLAN – NOW WHAT?

If you've enrolled in an XL Catlin medical plan through Cigna, consider the following resources to help you live well every day:

### TALK TO A CIGNA SPECIALIST

Don't know where to get started? Cigna specialists may call you at home to talk about ways to help you manage your health and learn what's important to you, whether that's managing a chronic condition, making healthy choices, or filling a prescription. A Cigna specialist is always available to answer any immediate questions you have about your health. To connect with a specialist, call the number on the back of your medical ID card.

### IMPORTANT NOTE ABOUT NEW CIGNA MEDICAL ID CARDS

If you have elected medical coverage for 2019, you will be receiving a new Cigna medical ID card with our new logo in the mail shortly. **Please note:** If you previously had coverage and have not changed your medical plan for January 1, 2019, your original effective date will appear on the card. If you have changed your medical plan or elected coverage for the first time beginning in 2019, your card will indicate a January 1, 2019 effective date.

### GET SUPPORT WITH CIGNA'S LIFESTYLE MANAGEMENT PROGRAMS

Whether your goal is to lose weight, quit tobacco or lower your stress levels, Cigna Lifestyle Management Programs can help – at no additional cost to you. If you're interested in weight management, tobacco cessation or stress management, go to [mycigna.com](http://mycigna.com) for more information on these programs.

### SAVE MONEY WITH CIGNA HEALTHY REWARDS

You can receive discounts on the health products and programs you use every day. To find out more about Cigna Healthy Rewards or for a list of participating providers, call **800-258-3312** or visit [cigna.com/rewards](http://cigna.com/rewards) (Password: savings). You must show your Cigna ID card before you pay for services so you can enjoy the savings.

### CONSIDER A CENTER OF EXCELLENCE (COE) FOR TREATMENT

A COE is a top-rated facility for a variety of services from heart failure to musculoskeletal treatment. When you visit a COE, you'll have access to quality care at an affordable price. Cigna-participating hospitals receive a score of one, two, or three blue stars (three being the highest) for both patient outcomes and cost efficiency. You can check a hospital's score for each procedure or condition through the online provider directory on [mycigna.com](http://mycigna.com) and by looking for a star icon.

### RECEIVE PERSONALIZED SUPPORT THROUGH CIGNA COLLABORATIVE CARE

Cigna Collaborative Care is Cigna's approach to achieving better health, affordability, and patient experience. A care coordinator, typically a registered nurse, will work with you and your family to ensure you get the follow-up care you need, and have access to educational materials that can help you manage your health. Visit [mycigna.com](http://mycigna.com) and look for the "C" icon to learn more.

## WANT TO LEARN MORE?

For more information on available resources, go to [myXLCatlinBenefits.com](http://myXLCatlinBenefits.com) and read the [Use Your Benefits Well brochure](#) to see how you can use XL Catlin resources to help you live your best life.