

Available to you through the Cigna Provider Network.

Simply schedule a convenient virtual visit and pay your in-network cost-share.*

Women's Health



Visana is a virtual **women's health clinic** where **you can find answers to new symptoms or existing diagnoses.**

Get support for:

- Preventive care
- Gynecological, sexual, & reproductive health
- Hormone & metabolic health
- Menopause and perimenopause



To learn more or schedule an appointment, scan the QR code or visit visanahealth.com/cigna

Cardiovascular Care



Introducing **heart care that's easy and convenient, so you can prevent, manage, and treat heart conditions from the comfort of home.** Day and evening appointments available with a team of cardiologists, nurse practitioners, physician assistants, and registered nurses.

Examples of conditions commonly treated:

- Atrial fibrillation
- Vascular disease
- Heart failure
- Post-acute care



To get started, scan the QR code or visit heartbeat.health/cigna

Gastrointestinal Care



Access to next-day virtual visits with a team of **gastrointestinal (GI) providers, registered dietitians, and gut-brain specialists.**

Find lasting relief for symptoms and conditions, including:

- Abdominal Pain and Bloating
- Acid Reflux & Gastroesophageal Reflux Disease (GERD)
- Crohn's Disease and Ulcerative Colitis
- Irritable Bowel Syndrome (IBS)
- Undiagnosed GI Symptoms
- And hundreds of other GI issues



To get started, scan the QR code or visit oshihealth.com/cigna

*Standard copays or coinsurance will apply. Not all groups allow coverage for telemedicine. Please review your Summary Plan Document for more details.