

Meet Visana.

AllegianceSM
by Cigna Healthcare

An in-network virtual care clinic for women at every stage of life.

Available to you through the Cigna Provider Network, Visana is a virtual women's health clinic where you can find answers to new symptoms or existing diagnoses. **Simply schedule a convenient virtual visit and pay your in-network cost-share.***

Get support for:

- **Preventive care** like well-woman visits, fertility assessments, mental health assessments, preventive screenings, and health coaching
- **Gynecological, sexual, and reproductive health** like heavy bleeding, painful periods, vaginal infections, fibroids, and endometriosis
- **Hormone and metabolic health** like irregular periods, sudden weight gain or loss, polycystic ovary syndrome (PCOS), and thyroid issues
- **Menopause and perimenopause** with hormonal and non-hormonal treatment options



Visana delivers care that connects all the pieces of your health, providing you with:

A care team who listens.

Your concerns are valid and deserve to be heard - today. Get to the root cause of your symptoms with clinicians highly trained in women's health.

Comprehensive and compassionate virtual care.

Women's health care should recognize the full picture of your health, whether anxiety or arthritis. Our approach to treatment respects your individual journey.

Convenience.

You don't have to travel hours or sit in traffic to get to a women's health expert. Access care wherever you are in days, not weeks.



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

Visana's virtual clinic is open Monday-Friday, 8am-9pm ET and Saturday 8am-2pm ET.

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