

# Connect with your dentist from virtually anywhere.

Talk to a licensed dentist anytime online, 24/7/365.

Cigna Healthcare<sup>SM</sup> gives you more to smile about – like saving time and money with a virtual dental care visit. In fact, **73% of customers who used Cigna Healthcare Dental Virtual Care in 2021 avoided the ER.\*** So whether it's a dental emergency over the weekend or late at night, or a concern you want to discuss before an in-person visit, you can use this valuable benefit to take better care of your oral health.

## What is virtual dental care?

- Virtual dental care (also known as telehealth or telemedicine) is the use of technology to connect with a dental provider by video or phone.
- Through a video consultation, licensed dentists can:
  - triage urgent situations such as pain, infection and swelling
  - discuss chronic concerns and recommend in-person visits
  - guide you on next steps and follow-ups
- Virtual care providers can also help refer you to an in-person dentist and share your records from your virtual visit, when needed.

## How does virtual dental care work?

- Talk to a licensed dentist via a video call, 24/7/365.
- Get non-narcotic prescriptions sent directly to your local pharmacy, if appropriate.

## How to access Cigna Healthcare Virtual Dental Care:

1. Log on to **myCigna.com** to access your account.
2. Find the “Talk to a doctor” button under the “Looking for care?” header.
3. Click on the “Dental” option.
4. Click on “Connect” to enter a virtual waiting room where you will shortly consult with a licensed dentist.



Access your virtual care benefits any time on [myCigna.com](https://mycigna.com)

**PARTNERS  
FOR HEALTH**



Offered by Cigna Health and Life Insurance Company or its affiliates.  
In Utah, plans are offered by Cigna Health and Life Insurance Company.

## What issues can virtual dental care treat?

- Urgent dental issues
- Toothaches
- Broken or chipped teeth
- Inflammation, sores or infection of the gums and oral tissues
- Guidance on whether to seek immediate emergency care
- Prescribe medication when needed
- Virtual dental care does not replace routine cleaning/preventive care

Cigna Healthcare Virtual Dental Care through Partners for Health is available to enrolled members at **\$0 copay with no frequency limit.**



\*Internal reporting on Cigna Dental Virtual Care utilization for 2021.

Cigna Healthcare provides access to virtual care through national teledental care providers via myCigna.com as part of your plan. Providers are solely responsible for any treatment provided to their patients. Video chat may not be available in all areas or with all providers and is a requirement for this service. See your plan materials for the details of your specific Dental plan. This service is separate from coverage for virtual dental care obtained by your Dental plan's network and may not be available in all areas. A referral is not required for this service.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna Healthcare representative.

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