

Together, all the way. <sup>SM</sup>

**Cigna**<sup>®</sup>

There are times when you just  
need to speak to a doctor ,  
but sometimes arranging a visit

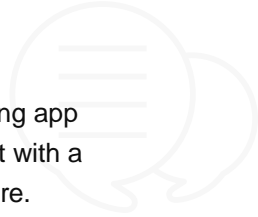


# HOW DOES IT WORK

Request an appointment.

1.

Use your Cigna Wellbeing app to make an appointment with a doctor anytime, anywhere.



## LOG IN TO THE CIGNA WELLBEING APP

To log in to the Cigna Wellbeing app, select the 'International Organisations' option for Plan Member or Dependant.

You can then enter your Personal Reference Number and Password.



## Speak with a doctor.

Your initial Global Telehealth consultation will be with a general practitioner (GP) – by phone or video.

The doctors will listen to v4 c344 -61.10(t)15e doct



