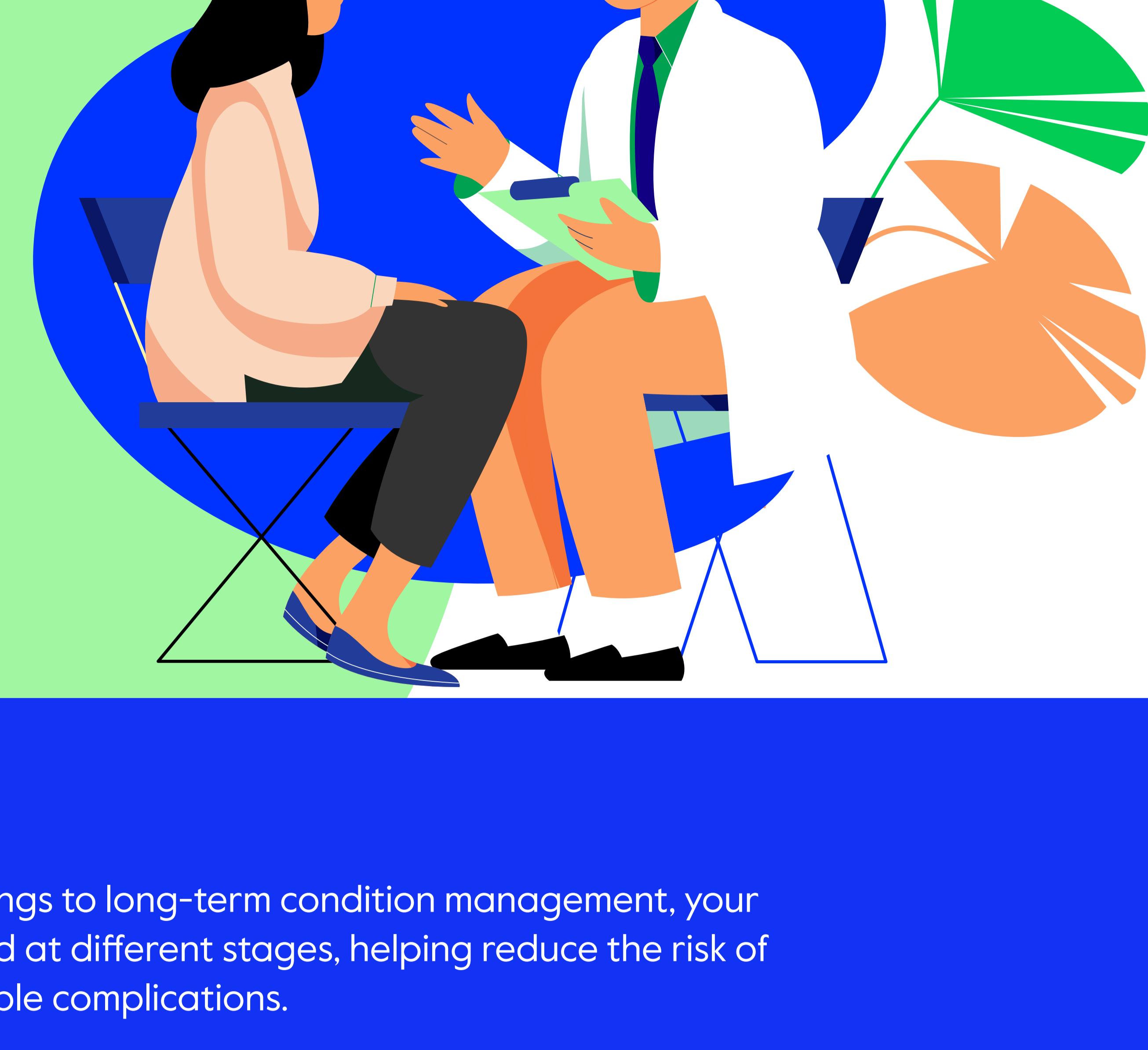


# Managing preventive and chronic care.

A simple guide to how your plan offers a practical support for prevention and long-term health.



From routine check-ups and screenings to long-term condition management, your plan supports the care you may need at different stages, helping reduce the risk of avoidable complications.

## Beyond treatment: Preventive care and managing ongoing conditions

### Preventive Care

Many Cigna Healthcare plans include preventive services, often covered in full or with a simple co-pay. Typical examples include:

- ✓ Annual health checks and basic screening tests.
- ✓ Vaccinations for adults and children.
- ✓ Check-ups for blood pressure, blood sugar and cholesterol.
- ✓ Lifestyle or well-being consultations, where included.

### Why it matters:

- ✓ Helps identify potential health risks early.
- ✓ Makes common health conditions easier to manage.
- ✓ Helps avoid complicated treatment later.
- ✓ Saves on long-term medical costs.



### Chronic Care

Chronic conditions like diabetes, heart disease, asthma or arthritis need regular follow-up, not just one-off treatment. Cigna Healthcare plans in the region often support this through:

- ✓ Regular specialist or general practitioner visits for condition reviews.
- ✓ Ongoing medication and repeat prescriptions.
- ✓ Recommended tests to monitor control and adjust treatment.
- ✓ Access to chronic care management programmes, where available.

### How to get the best from your plan?

- ✓ Follow your agreed treatment plan and attend reviews.
- ✓ Your plan helps cover eligible visits, tests and medicines, according to your benefits.
- ✓ Cigna Healthcare's clinical and well-being teams can provide extra guidance, coaching or support services on some plans.



## Making the most of preventive and chronic care benefits

### Check what is included

Log in to your **Cigna Envoy** or **SmartCare by Cigna** app or portal to see which preventive services and chronic care benefits your plan covers, and how often.

### Create a simple health calendar

Note when your next check-up, screening or chronic care review is due, and set reminders so appointments are not missed.

### Use approved hospitals and doctors for follow-up

For regular check-ups and chronic care reviews, choose in-network clinics and hospitals to keep out-of-pocket expenses lower and claims smoother.

### Ask about programmes and support

If you have a long-term condition, consult Cigna Healthcare or your HR team if your plan includes chronic condition management, coaching or digital tools to help you stay healthy.