

Expansion of the Southern California Select Network to include PrimeCare providers in the Inland Empire is subject to regulatory approval. Access to the PrimeCare providers is anticipated to be available as of July 2019.

## OPTIONS TO HELP MEET YOUR NEEDS

Medical plans for the City of San Diego employees

It's that time of year again. Time to review your medical plan options and choose the plan that is right for you. Each year your employer looks closely at health plan options, health care industry changes and advancements and area network offerings to help select plans to help meet your needs. We are excited they have chosen to offer Cigna plans again, and include an additional option. Below are the Cigna medical plan offerings available to you.

**NEW**

### Cigna Southern California Select HMO plan (CoSD internal plan name – Cigna Scripps Select HMO)

- > A lower-cost<sup>1</sup> plan providing access to Scripps Health and more than 2,200<sup>2</sup> well-recognized providers and award-winning hospitals<sup>3</sup> throughout San Diego County.
- > Each member on the plan can choose to be aligned with any one of four provider groups throughout Southern California.<sup>4</sup>
  1. **Scripps Health**, San Diego County
  2. **St. Joseph Hoag Health**, Orange County
  3. **HealthCare Partners**, Los Angeles County
  4. **PrimeCare** in San Bernardino and Riverside counties
- > You will choose a primary care physician (PCP) who will help coordinate your care and work with you to help you be and stay healthy.

*Additional Southern California Select HMO plan features on the next page.*

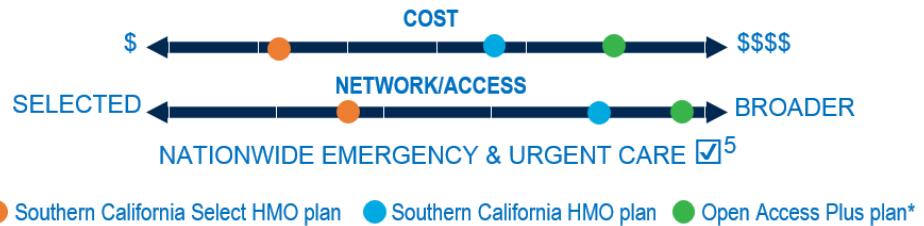
### Cigna Southern California HMO plan (CoSD internal plan name – Cigna HMO)

- > Access to a broader network of providers in Southern California.
- > You will choose a PCP.
- > The providers work closely with your PCP to help you get the most of your plan.

### Cigna Open Access Plus plan (CoSD internal plan name – Cigna OAP)

- > Access to a large national network of providers.
- > PCP selection is recommended, but not required.
- > Each time you receive care, you can select the physician or facility of your choice.

#### Cost and access comparison between the three plans.



\* For illustrative purposes only. Contact your benefits representative for cost and network details.

\* Identification for comparison of the San Diego County only. Plan provides access to a large national network of providers.

## First Responder?

We care. Cigna and the City of San Diego have partnered to launch a new website dedicated to you. This will help put behavioral and emotional health resources and information at your fingertips.

*Coming in July: [FirstResponder.Cigna.com](http://FirstResponder.Cigna.com)*



NEW

## Cigna Southern California Select HMO plan

(CoSD internal plan name - Cigna Scripps Select HMO)

**Together, Cigna and Scripps offer an integrated health network providing you convenient access and comprehensive benefits to help you save time and help minimize out-of-pocket costs.**

- **Locations.** Access over 25<sup>2</sup> primary and specialty care locations from Eastlake to Oceanside. Most offer extended weekend and evening hours. Imaging, laboratory, surgery and other services are available onsite.
- **Scripps HealthExpress Clinics.** Provides same-day, walk-in care 7 days a week including daytime, evening, weekend and holiday hours for minor illnesses and injuries at over 12 locations throughout San Diego County.<sup>2</sup>
- **Scripps MD Anderson Cancer Center.** The Southern California Select plan provides in-network access to the Scripps MD Anderson Cancer Center. The MD Anderson Cancer Center is the number one ranked cancer center in the nation.<sup>6</sup>
- **Prebys Cardiovascular Institute.** A premier destination for heart care on the West Coast where surgeons perform advanced heart procedures. This includes the region's first Women's Heart Center. Scripps cardiology and heart surgery is ranked 23<sup>rd</sup> in the nation by U.S. News & World Report.<sup>7</sup>
- **Behavioral Network.** Access our large network of behavioral health providers. This includes in-network onsite visits and virtual visits through Cigna Telehealth Connection.<sup>8</sup>
- **Scripps Center for Integrative Medicine.** Access board-certified physicians with expertise in Western medicine who provide evidence-based integrative care and modalities.
- **SpineZone.** If you are having back issues, you may have access to a spine coach who can work with you during your *personalized* program. This includes guidance to help you minimize your pain and build strength to get you back on track. Visit **Scripps.SpineZone.com** for details.

**No matter which of the three Cigna plans you choose, you can take advantage of the many features, benefits and savings available to you. Here are a few:**

- 24/7/365 customer service
- 24/7/365 access to our Health Information Line
- Cigna Telehealth Connection<sup>8</sup>
- Cigna Healthy Rewards<sup>®</sup> discounts<sup>9</sup>

- Virtual Behavioral Health Care
- Lifestyle Management Programs
- Cigna's approach to supporting both body and mind
- myCigna.com and myCigna<sup>®</sup> App

For information about each of the Cigna plans available, please visit **[cosd.cigna.com](http://cosd.cigna.com)**



1. The Southern California Select HMO plan is a less expensive option in comparison with the Southern California HMO and Cigna Open Access plans for the City of San Diego 2019-2020 plan year. 2. Data as of January 2019 analyzing "unique" provider IDs, subject to change. Access the provider directory on Cigna.com to see what providers are accepting new patients. 3. 2018-2019 Best Regional Hospitals "Best Hospitals in San Diego, Calif." U.S. News & World Report. <https://health.usnews.com/best-hospitals/area/san-diego-ca>. 4. Plans may be limited geographically. Providers are located throughout the majority of the counties. Not all HealthCare Partners providers may be in the Southern California Select Network. 5. Eligible out-of-network emergency and urgent care services (as defined in your plan documents) are covered at the in-network benefit level. 6. U.S. News & World Report, [health.usnews.com/best-hospitals/area/tx/university-of-texas-md-anderson-cancer-center-6741945](http://health.usnews.com/best-hospitals/area/tx/university-of-texas-md-anderson-cancer-center-6741945). 7. Hospitals, How We Rank. U.S. News & World Report, [health.usnews.com/best-hospitals/rankings/cardiology-and-heart-surgery](http://health.usnews.com/best-hospitals/rankings/cardiology-and-heart-surgery). 8. Medical telehealth services are provided by third party service providers and not by Cigna. Medical telehealth providers are separate from your health plan's provider network. Not all Cigna Behavioral Health network providers offer telehealth visits. Providers are solely responsible for any treatment provided. Not all providers have video chat capabilities and video chat is not available in all areas. A PCP referral is not required. 9. Healthy Rewards is a discount program. If your plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. Healthy Rewards programs are separate from your medical benefits. A discount program is NOT insurance, and the member must pay the entire discounted charge. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time.

The providers and facilities that participate in the Cigna network are independent practitioners solely responsible for the treatment provided to their patients. They are not agents of Cigna.

**Exclusions and limitations:** All health plans and health insurance policies have exclusions and limitations. Copay, coinsurance and deductible requirements may apply. This brochure outlines the highlights of your plan. For a complete list of both covered and not-covered services, including benefits which may be required by your state, see your plan documents.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Cigna Behavioral Health, Inc., Cigna Health Management, Inc. and HMO or service company subsidiaries of Cigna Health Corporation, including Cigna HealthCare of California, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.