

ON CALL FOR ALL

24-hour access to healthcare and well-being support

Our first health and well-being service for non-insured employees

If you find it difficult to find health insurance options that fit an entire workforce, then our app-based wellness plans could be the answer.

With more employees working remotely, it can be difficult to find a health solution that fits the needs of an entire workforce.

Cigna's flexible options make it easy to build an affordable health solution that looks after the whole health needs of employees.

With our Whole Health model, we're able to connect all areas of life that contribute to overall health – physical, mental and 'My World' – and offer more support. That means leading edge digital treatments and programmes, and 24-hour virtual access to a global network of GPs and specialists on the Cigna Wellbeing® app.

A flexible and affordable way to protect all employees

This service offers fast 24-hour access to consultations with a licensed doctor, as well as a range of well-being services, including counselling and mindfulness training – all available through the Cigna Wellbeing® app.

Great business benefits

The technology we have available also allows businesses to collect valuable health data about their workforce. The data can be used to support the whole health of employees by informing future health and well-being strategies.

Two different levels cover available

Pick and choose the services to meet individual requirements:

Medical support with our Global Telehealth app

- Video or phone consultations with a licensed doctor for non-emergency health issues.
- Prescriptions or common health concerns, when medically necessary.*
- A diagnosis for non-emergency health issues and acute conditions.
- Preparing for an upcoming consultation or hospitalisation.
- Discussing a medication or treatment plan and potential side effects.

Emotional well-being services with the International Employee Assistance Programme (IEAP)

- Counselling services by phone or video.
- Specific support for HR and line managers.
- Cognitive behavioural therapy.
- Resilience and mindfulness training.
- 24/7 telephonic access.
- Tailored consultation approach based on each individual's needs.

This service is also available free of charge to all household/family members.



Why choose app-based support?

- It's affordable. Our app is an alternative to doctor office or clinic visits – with no deductibles or coinsurance payments.
- It's easy. There's no need to leave the house or workplace.
- It's accessible around the clock. That's 24/7/365 access to a licensed doctor, usually within 24 hours (time can fluctuate depending on language preference).
- It's flexible. Users have mobile app access to real-time scheduling so they can easily set up an appointment, at a time that works for them.
- It's multilingual. Our video consultations are available in English and Spanish while telephonic consultations are available in English, Spanish, French, German, Portuguese, Mandarin Chinese, Japanese, Hindi and Arabic.

*Doctors may issue prescriptions for medicines when, in their professional judgment, it is safe, appropriate and they are licensed and authorised to do so.

The Global Telehealth and IEAP standalone services for uninsured populations are available to Global Employer Health, NGO Health, IGO Health and Government Health clients only.

