

Women's Health Solutions from Cigna Healthcare

Empowering wellness for all of life's moments.

Women are often the foundation of a healthy household, family, workplace, and society. But all too often, they are the ones who skip out on their own care and prioritize those around them. And when they do seek care, many experience long wait times and their symptoms are dismissed or minimized.

We're changing that.

Women are looking for a better health care experience that's tailored, comprehensive, and offers compassionate support during every stage of life.



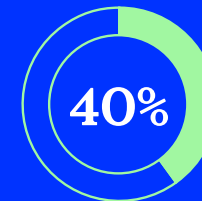
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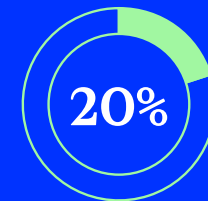
1 in 3 women have delayed a pap smear or mammogram in the past two years¹



Women over 45 are the fastest growing segment of the workforce and **40%** indicate menopause symptoms interfered with their work performance **at least weekly** — **20% said daily**²



WEEKLY



DAILY

45% of women have gynecological surgery costing an average of **\$19,203**, and **76%** of these surgeries **could have been avoided**³



45%

OF WOMEN HAVE GYNECOLOGICAL SURGERY



\$19,203

AVERAGE SURGERY COST



76%

COULD HAVE BEEN AVOIDED



Our Women's Health Solution organizes programs and services across medical, pharmacy, behavioral, and wellness benefits to address all stages and events in a woman's life — from everyday moments to extraordinary milestones.



Gynecology

- Well-woman visits, mammograms, cervical screenings, hormone treatment, and contraceptive coverage
- Virtual gynecology care through Visana Health, that can diagnose, treat, and guide customers to the right care*
- Pelvic floor therapy, education, and case management
- Comprehensive support to detect and treat serious health issues



Perimenopause & Menopause

- Access to virtual and in-person providers, menopause specialists, and behavioral resources
- Services including screenings, lab tests, health tracking and more through Visana Health and other Cigna HealthcareSM providers
- Hormone treatments, pelvic floor therapy, and nutritional counseling coverage - plus menopause-specific training for Cigna Healthcare clinicians, coaches, and advocates



Conception & Maternity

- Access to fertility services, clinical, pharmacy, and behavioral support from preconception to postpartum
- Virtual coaching for conception with Visana Health, and fertility support through Progyny or WINFertility
- Maternity benefits including lactation support, high-risk maternity case management, postpartum support, and condolence support for miscarriages



Cancer Early Detection & Support

- Know Your Lemons[®] helps increase awareness, prevention, and early detection⁴
- Personalized nurse advocates and behavioral health expertise for cancer care
- Expanded coverage for mammograms and colonoscopies⁵
- Cancer cost savings and member support including caregiver resources, wig coverage, clinical trials support, HelloFresh discounts and more⁶



Preventive & Whole Person Care

- Behavioral health resources, nutritional counseling, stress management, and coaching programs for chronic conditions
- Holistic support available across our programs and solutions
- 24/7/365 care for whenever it's needed



For more information, contact your Cigna Healthcare representative.

*Cigna Healthcare provides access to virtual care through participating in-network providers. Not all providers have virtual capabilities. Cigna Healthcare also provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas.

1. 2022 KFF Women's Health Survey. Published: Feb 22, 2023

2. D'Angelo, S. Impact of Menopausal Symptoms on Work: Findings from Women in the Health and Employment after Fifty (HEAF) Study, 2023

3. Grossi, Giuliana "Shelly Lanning on How Employers Can Reduce Costs by Bridging Gaps in Women's Health Care" <https://www.ajmc.com/view/shelly-lanning-on-how-employers-can-reduce-costs-by-bridging-gaps-in-women-s-health-care>, May 2024

4. Additional Know Your Lemons at Work buy-up program available.

5. Cigna Healthcare's new Premier Oncology Buy-up Program lifts age requirements and covers diagnostics including scans for dense breasts and polyp removal during colonoscopies.

6. Pathwell Specialty drives 15% client cost savings with a national network of quality hospitals and providers for chemotherapy. Subject to change.

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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