



CignaLinks

United Kingdom

Welcome

Great health care. Made even better.

It's like an upgrade from business class to first class. It's CignaLinks® UK – a program that makes great health care even better.

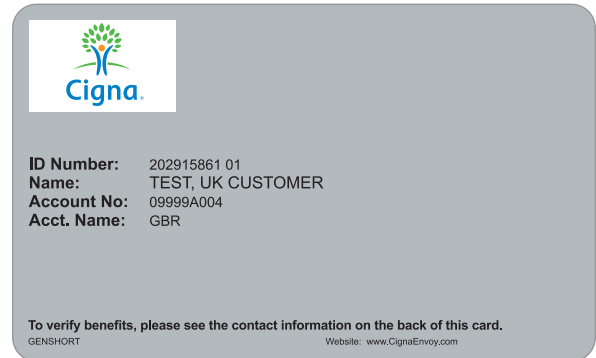
Anyone who lives and works in the United Kingdom has access to health care through the National Health Service (NHS). With CignaLinks UK, you'll get top-notch coverage with health care professionals and facilities who may not be part of the NHS.

What you need to do when you arrive.

Soon after settling in, it's important to register your family for the NHS. You can do this by seeing a local General Practitioner (GP). While your GP is your main point of contact, you can visit any doctor or hospital in the NHS. Your current visa or proof of citizenship is all you need to register.

Want more options? Just show your CignaLinks UK card.

Some doctors and hospitals in the UK choose not to take part in the NHS. But thanks to CignaLinks, you can access many of them easily. All you have to do is show your Cigna ID card to the doctor or hospital. When you choose private care, we recommend staying in the CignaLinks network to help keep your costs lower.



Need to find a doctor? We'll help.

If you need assistance finding the right doctor or hospital, go to **CignaEnvoy.com**. From there:

- › Log in with your ID number and password.
- › Click the "Find Health Care" tab.
- › Select "Country" from drop-down.
- › Follow the directions on the screen.

If you prefer, simply call our global service center. From inside the UK, dial **0.800.731.8716**. Outside the UK, dial **800.441.2668** or **001.302.797.3100** and you can reverse the charges.

Cigna Global Health Benefits®



Offered by: Cigna Health and Life Insurance Company or its affiliates.

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An innovative approach to health care

A few quick tips.

Once you get used to it, you'll see it's pretty easy to navigate the UK health care system. Especially if you keep these pointers in mind.

The NHS provides emergency treatment. If you have an emergency, go to the Accident & Emergency department of the nearest NHS facility. Accident & Emergency departments are usually open 24 hours a day, seven days a week. In an emergency situation, do not visit a private hospital as they do not typically have emergency departments. If your injury is not serious, go to a minor injuries unit through the NHS. This will help you see a health care professional quicker.

If you see someone in the National Health Service, you'll receive free health care. Remember, you must register with a local GP beforehand.

If you see someone in the CignaLinks UK network, call our global service center to see if they can arrange a guarantee of payment before your appointment. You can also pay any costs up front and then file a claim for reimbursement. Either way, it's easy.

If you see someone outside the CignaLinks UK network, or outside the country, you might need to pay for services when you're treated. While this may cause some out-of-pocket costs, you can file a claim for reimbursement with your standard Cigna claim form. You can also call our global service center to see if a guarantee of payment can be arranged for your visit.



If you want more information about the National Health Service, go to nhs.uk.



We're here for you, anytime you need us.

Our global service center is open 24 hours a day, seven days a week. To reach us from within the UK, simply call **0.800.731.8716**. Outside the UK, call **800.441.2668** or **001.302.797.3100**. You can always reverse the charges. You can also fax us from within the UK at **0.800.731.8718**.

It makes health care easier and it provides the great options you deserve. It's CignaLinks UK and it's just one of the ways Cigna helps provide easy access to quality health care around the world.

Together, all the way.SM



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