



# MAKE THE CALL

## The health information line is here for you 24/7

It can be a fever in the middle of the night or a question about a popular medication. Whether you're looking for general information or have a specific health concern, the health information line is open 24 hours a day, seven days a week.

Dial **800.564.9286** and you'll be connected with a nurse who is ready to help answer your health questions.

## And there's more

You can also listen to hundreds of podcasts in English and Spanish on almost any health topic to be better informed about your health. To listen:

- › Select a topic and download podcasts to your mobile device\* or listen via live-stream on your computer
- › Call the health information line, follow the voice prompts, enter a code for the audio library and you'll be listening in seconds

\*Standard mobile phone carrier and data usage charges apply.



For more information,  
visit **myCigna.com** or  
call **800.564.9286**



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