Choosing the right doctor is a big decision – one where you might want:

• A doctor you can trust with your health – but can also afford
• A doctor you can choose for reasons that matter to you, not just because the office is nearby
• A doctor who comes with a thumbs up from a trusted source.

That’s why we’re using what we know to create better decision-making tools that put your needs first – tools like the Cigna Care Designation on myCigna.com.

**Quality care at a cost-effective price.**

By knowing which doctors excel in providing quality, cost-effective care, you can more confidently choose a doctor that’s right for you. Compared to other doctors, these top-performers*:

• Have treatment costs that average 16% less¹
• Are 14% less likely to have patients readmitted to the hospital after an initial hospitalization¹
• Are more compliant with meeting national clinical standards for diabetes care and managing high cholesterol.¹

And, best of all, what you pay under your medical plan (your coinsurance or copay) for covered services will be lower with a Cigna Care Designated doctor than with an in-network doctor who does not have this designation. That means you’ll save even more.

**What’s the Cigna Care Designation mean?**

Before we award a doctor the Cigna Care Designation, we do a lot of fact finding. Doctors in 22 different medical specialties, including primary care, are assessed for quality and cost, since quality care doesn’t have to mean higher costs. Whenever you use our online directory of doctors, you’ll find these top-performing doctors shown with a special Cigna Care Designation symbol.

**How does a doctor earn the Cigna Care Designation?**

Here are the steps we take every year:

**Quality comes first.**

• We identify the primary and specialty care doctors in the Cigna network who have treated at least 30 Cigna customers in one of the 22 specialties.
• We check their education and board certifications, as well as if the quality of their care has earned...
recognition from within the medical industry. (The American College of Surgeons and the National Council for Quality Assurance are two well-respected organizations that have approved “quality” recognitions we consider.)

**Cost matters, too.**

- We review claims information to see what doctors are charging for various treatments and services.
- We look at everything from office visits and lab tests to prescriptions and x-rays to determine if the treatment is cost-effective.
- We examine the results of the doctor’s services and the costs related to those services.
- In the end, we want to see if this doctor consistently works to keep costs reasonable while delivering care that focuses on improving your health.

We study all of this information. We test it. Then only doctors with top results in both categories earn the Cigna Care Designation to give you an unbiased evaluation of quality and cost that you can trust.

Where do I find these doctors?

To find a top-performing doctor, go to [myCigna.com](http://myCigna.com) and select “Find a Doctor or Service.” Once you’re on our online directory, look for the special Cigna Care Designation symbol.

Need help choosing a hospital? Look for the Centers of Excellence designation.

Like doctors, some hospitals are better at treating certain conditions than others. To help you choose an in-network hospital that’s right for you, we review how successful a hospital is in treating 31 common conditions. Our ratings are based on actual patient outcomes, average lengths of stay and average costs we gather from outside sources. Hospitals that deliver better health outcomes at lower costs earn our top rating – the Cigna Centers of Excellence designation. See our hospital ratings on [myCigna.com](http://myCigna.com).

### Primary care doctors and specialists included:

- **Allergy/immunology**
- **Cardiology**
- **Cardiothoracic surgery**
- **Colon and rectal surgery**
- **Dermatology**
- **Ear, nose and throat**
- **Endocrinology**
- **Family practice**
- **Gastroenterology**
- **General surgery**
- **Internal medicine**
- **Hematology/oncology**
- **Nephrology**
- **Neurology**
- **Neurosurgery**
- **OB/GYN**
- **Ophthalmology**
- **Orthopedics and surgery**
- **Pediatrics**
- **Pulmonology**
- **Rheumatology**
- **Urology**

*Top-performing doctors are those identified as having top results based upon Cigna’s quality and cost-efficiency methodology. This designation is not a guarantee of the quality of care actually delivered. Doctors are independent contractors and not agents of Cigna. 1 – Cigna Analysis, January 1, 2011 - December 31, 2011.*

The information provided here is intended to be general information on how you can get the most out of your health care benefits. You are encouraged to consider all relevant factors and to consult with your treating doctor when choosing a health care professional or facility for care.

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