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 10% less
- Are 14% less likely to have patients readmitted to the hospital after an initial hospitalization
- Are more compliant with meeting national clinical standards for diabetes care and managing high cholesterol

And, best of all, under your plan, you will have a lower coinsurance or copay when you use 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 are assessed for quality and cost-efficiency, 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 the 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.

(What are “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.

Where do I find these doctors?

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

Primary care doctors and specialists included:

- Allergy/immunology
- Cardiology
- Cardiac 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

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

To help you choose an in-network hospital that’s right for you, we review how successful a hospital is in treating 27 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.

*Top-performing doctors are those identified as having top results based upon Cigna’s quality and cost-efficiency methodology. 1 – *Cigna analysis of Cigna Managed Care and PPO claims processed between January 2011–December 2012 for the 22 specialties reviewed, July 2013.

The information provided here is intended to be general information on how you can get the most out of your health care benefits. Center of Excellence and Cigna Care Designation ratings reflect a partial assessment of quality and cost-efficiency and should not be the sole basis for decision-making (as such measures have a risk of error). Quality designations and cost-efficiency ratings are not a guarantee of the quality of care that will be provided to individual patients. Individuals are encouraged to consider all relevant factors and consult with their physician when selecting a health care professional or facility. Participating health care professionals and facilities are independent practitioners and are solely responsible for the treatment provided to their patients. They are not agents of Cigna.

All group health insurance plans and health benefit plans contain exclusions and limitations. For costs and complete details of coverage, see your plan documents.

*Cigna, the “Tree of Life” logo and “GO YOU” are registered service marks of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by or through such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, and HMO or service company subsidiaries of Cigna Health Corporation, including, including Cigna HealthCare of Arizona, Inc., Cigna HealthCare of California, Inc., Cigna HealthCare of Colorado, Inc., Cigna HealthCare of Connecticut, Inc., Cigna HealthCare of Florida, Inc., Cigna HealthCare of Georgia, Inc., Cigna HealthCare of Illinois, Inc. (IL & IN), Cigna HealthCare of Indiana, Inc., Cigna HealthCare of St. Louis, Inc. (MO, KS & IL), Cigna HealthCare of North Carolina, Inc., Cigna HealthCare of New Jersey, Inc., Cigna HealthCare of South Carolina, Inc., Cigna HealthCare of Tennessee, Inc. (TN & MS), and Cigna HealthCare of Texas, Inc.

858328 b 05/14 © 2014 Cigna. Some content provided under license.