

Don't put your joint pain off any longer.

Learn how Cigna Pathwell Bone & Joint can help.



Bone and joint pain can affect everything, including how you're feeling emotionally. Whether the pain just started or you're ready to find care, Cigna Pathwell Bone & Joint^{®1} and our dedicated care team can help guide you to the right care at the right time for your spine, knee, hip and shoulder pain.

As a Cigna Healthcare[®] covered member, this program is included in your medical plan at no additional cost.² You'll have access to:

Guidance to the care you need

You'll work one-on-one with a Clinical Care Advocate³ who has expertise in spine, knee, hip and shoulder pain. They'll help you understand your options and create a personalized plan based on your goals. Your Clinical Care Advocate can help with:

- Finding the right treatment plan
- Access to in-network physical therapy, both in person and virtual
- Education on how lifestyle can impact musculoskeletal (MSK) health
- Pre- and post-surgery support and connection with other helpful resources

Online tools and resources

Our user-friendly digital tools enable you to communicate with your dedicated Clinical Care Advocate, and access personalized activities and articles to support your care plan.

Surgery benefit

When surgery is right for you, a Benefit Specialist can help with:

- Finding quality, affordable surgeons who are part of the program
- Understanding your benefits and how to qualify for the zero- or low-cost surgery benefit⁴
- Reviewing the travel benefit⁵ of up to \$600 when a Pathwell Bone & Joint designated surgeon isn't close to home
- Additional programs and support offered through your Cigna Healthcare benefits

 **Ready to put an end to joint pain?**

Visit CignaPathwellBoneandJoint.com or call **877.505.5875** to learn more about Cigna Pathwell Bone & Joint.



1. A condition-specific care program.
2. All program costs are included with your policy. If you visit with a health care provider, standard visit costs apply per your plan benefits.
3. These care advocates are nurses and physical therapists holding a current license in a minimum of one state who do not practice nursing or physical therapy or provide medical advice in any capacity as a care advocate.
4. When program participation requirements are met, the Pathwell Bone & Joint Surgery benefit applies to certain spine, hip, knee and shoulder surgeries. For non-HSA plans, the employer's plan pays 100% of eligible expenses. For HSA plans, the plan pays 100% after the deductible is met.
5. For surgery with a designated provider more than 60 miles from home. The amount varies based on factors such as treatment plan, location and duration of facility stay and is subject to program participation requirements.

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