

GLOBAL TELEHEALTH



Medical Benefits Abroad






Cigna Medical Benefits Abroad® (MBA) members have access to global telehealth at no additional cost.

When you don't feel well you want to get better fast. Through this service, you have the opportunity to speak with licensed doctors around the world — by phone or video — to discuss your symptoms and the best next steps for you. You can schedule an appointment from anywhere in the world, 24 hours a day.

What else can I use global telehealth¹ for?

- › **Phone and video consultations** with a licensed doctor
- › **Prescriptions** for common health concerns, when medically necessary and permitted²
- › **Treating non-urgent medical conditions** like fever, rash, pain and more
- › **Making preparations** for an upcoming consultation
- › **Discussing** a medication plan and potential side effects

How does it work?

1	2	3
Schedule an appointment. 	Speak with a doctor. 	Feel better. 
To schedule an appointment with a doctor anytime, almost anywhere, 24/7.	Your initial global telehealth consultation will be with a general practitioner (GP) by phone or video.	When necessary, a prescription will be sent to you to take to your local pharmacy. ²

If the GP feels that you should speak with a specialist, the GP will schedule another telehealth appointment with a Teladoc⁴ network specialist.

Teladoc Global Health Complete App

Avoiding crowded hospitals and doctors offices can help protect you from infection. Wherever you are, you and your covered dependents have access to services and support to help you with every dimension of your health.



Click on iOS or Android buttons or scan QR codes to download



Need another way to access Telehealth?

Call the Cigna MBA customer service center. The Cigna customer service team will document and forward your request. Our partners at Teladoc will then contact you directly to schedule your appointment (typically within 1-2 hours).