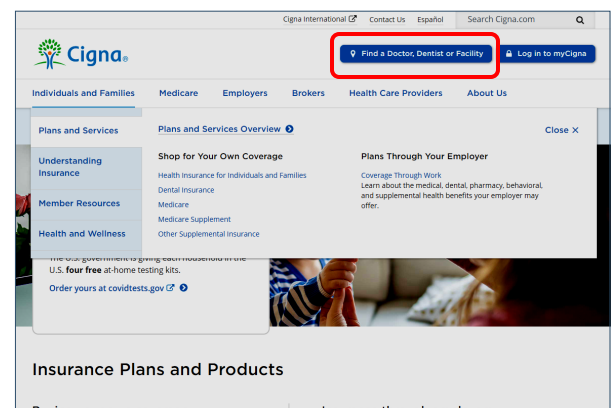




Cigna's PPO is a health plan that offers a large network of participating providers so you have a range of doctors and hospitals to choose from. With nearly one million healthcare professionals in their PPO network, you should be able to find in-network care near where you live or work. And when you travel, you'll still have access to in-network benefits via a national seamless network.

Plan ahead, find a network provider(s):

1. Visit [Cigna.com](https://www.cigna.com) and click **"Find a Doctor, Dentist or Facility"**.
2. On the next page, under **"How are you Covered?"**, click on **"Employer or School"**.
3. Enter your Address, City or Zip and search *Doctor by Type, Doctor by Name, or Health Facilities*.
4. Select from the results of search
5. Select **"Continue as guest"**.
6. On results page, locate **Medical Plan**, then click on **Select a Plan**—click on **PPO**.



You'll find that many of the providers you are familiar with are listed on the Cigna network. Selecting by "Name" is the quickest way to check for your current provider.

And if you don't have a Primary Care Provider (PCP) yet, now is a great time to find one and schedule an appointment. PCPs are essential to help you navigate to good health and stay healthy, coordinate your care with other physicians and manage your health, all of which lead to a better quality of life.

You'll also find a link to find Cigna providers on the HealthFirst website at:
hfbenefits.com/networks.

If you need further assistance, call HealthFirst Customer Service at 1-800-838-7434.

