

MEANINGFUL INFORMATION FOR MORE CONFIDENT CHOICES

When employees can confidently choose a doctor for reasons that matter to them, everyone benefits. They get the care they need – and they feel better about the quality and cost of that care. And companies begin to see a healthier, more productive workforce with lower health care costs. Using Cigna cost and quality information, the Cigna Care Designation can help your employees find that confidence when choosing their doctors.

Cigna Care Designation

The Cigna Care Designation identifies those doctors in the Cigna network who have achieved top results on quality and cost-efficiency measures.

The Cigna Care Designation helps employees:

- Easily find these doctors through an online directory search on **myCigna.com** or **Cigna.com**
- Research doctors' quality and cost information
- Seek out quality, cost-efficient care
- Improve health and lower overall medical costs

The doctors are in

Within the Cigna Care Designation¹

- The specialties reviewed account for **more than 85%** of total medical spend
- **40%** of Cigna network doctors have earned the Cigna Care Designation

A good choice

The Cigna Care Designation evaluates doctors in:

19
common
medical
specialties

3
primary care
categories

Each year, we evaluate qualifying network doctors, using rigorous industry standards for quality and cost-efficiency. To earn the Cigna Care Designation, a doctor must qualify for both quality **and** cost-efficiency ratings for an eligible specialty.

Quality

- Meets Evidence-Based Medical (EBM) standards and national guidelines
- Maintains board certification and recognized for quality by independent sources



Cost-efficiency

- Cost of patient care over an episode of care
- Compared at market, specialty and episode severity level



GO YOU.[®]



Cigna Care Designation includes:

19 CCD Specialties

Allergy/Immunology
Cardiology
Colon and Rectal Surgery
Dermatology
Endocrinology
Gastroenterology
Hematology/Oncology

Nephrology
Neurology
OB/GYN
Ophthalmology
Orthopedics and Surgery
Ear, Nose and Throat
Pulmonology
Rheumatology

General Surgery
Neurosurgery
Cardio-thoracic Surgery
Urology

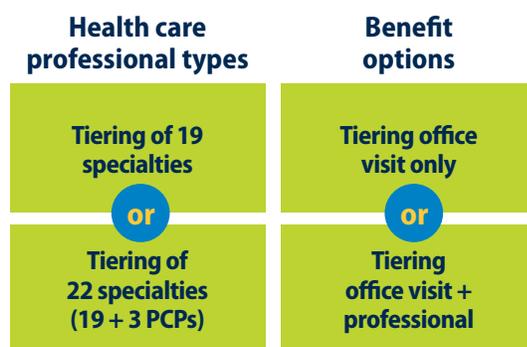
3 Primary

Care Categories
Internal Medicine
Pediatrics
Family Practice

Different benefit levels for greater incentive

There are also additional opportunities to lower what your employees will pay for out-of-pocket costs when they use a Cigna Care Designation doctor instead of a doctor who doesn't have this designation. Cigna can help you build a tiered benefit structure called the Cigna Care Network® that incentivizes the use of Cigna Care Designation doctors. This means even more potential savings for you and your employees.*

Flexible tiering options include:



Tiered benefit may result in 1% – 3% reduction in total medical costs.²

Better engagement for better results

The results are clear. When your employees are better informed they can be more engaged in their health care decisions. And taking more control and ownership of their health care and health care dollars helps drive better health, better savings and better value. For everyone.

Compared to other doctors, Cigna Care Designation doctors:²

- Have treatment costs that average **16% 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



*The Cigna Care Network may not be available in all areas. See your Cigna representative for availability.

1 – Cigna Analysis: Cigna Care Designation and Physician Quality and Cost-efficiency displays, 2013 Methodologies White Paper.

2 – Cigna analysis of claims processed January 1, 2010 – December 31, 2011.

Employees should be encouraged to consider all relevant factors and to consult with their treating doctor when choosing a hospital or health care professional for care.

In general, the health care professionals in Cigna's networks are independent practitioners. They are not employees or agents of Cigna. Treatment decisions are made exclusively by the treating physician and the patient. Cigna provides its customers with helpful information to allow them to make more informed decisions. The quality and cost-efficiency markers used in evaluating physicians for Cigna Care Designation are intended for that purpose. Cigna cannot and does not guarantee the quality of the services provided by network physicians - even those physicians that qualify for the Cigna Care Designation.

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