

PREVENTIVE CARE

Protect your health, your time, and your wallet.



Why does everyone need preventive care? Preventive care can help detect potential problems early, when they may be easier to treat. It can also help prevent or delay the onset of certain illnesses and chronic health conditions. Even though you may feel well, getting your preventive care when it's recommended can help protect your health, your time and your wallet.

STEP ONE: SCHEDULE YOUR ANNUAL CARE.

Medical

- ☐ Review [Cigna's Preventive Care Guide](#)
- ☐ Wellness Exam - Physical
- ☐ Flu Shot & other immunizations
- ☐ Health screenings

Dental

- ☐ Cleaning 1
- ☐ Ask your dentist for [HOW Program](#) review
- ☐ Cleaning 2
- Vision**
- ☐ Annual Eye Exam

**Remember:
schedule your
whole family.**

- ☐ You
- ☐ Spouse/Partner
- ☐ Child(ren)

TIP: USE THESE IN-NETWORK PROVIDER SEARCHES

Medical

- ☐ [my.cigna.com](#)
- ☐ [MyCigna App](#)

Dental

- ☐ [nedelta.com](#) (Premier or PPO)
- ☐ [Delta Dental App](#)

Vision

- ☐ [vsp.com](#)
- ☐ [VSP App](#)

STEP TWO: MAKE A PLAN TO BE AT APPOINTMENTS

Ensure you have your time off from work set up and coverage for any personal obligations.

STEP THREE: PREPARE & ATTEND

- ☐ Check out the [three phases of visit preparation](#) and other tips from Dr. Peluso.

When is preventive care free?

First: Ensure you're going to an in-network provider.

Then, Remember:

- Preventive care is a specific group of services recommended when you don't have any symptoms and haven't been diagnosed with a related health issue.
- Preventive services are based on your age, gender, personal health history, and current health.

When may I have to pay?

- **TIP: Ask during appointments if suggestions are covered by your insurance.**
 - Once you have a diagnosis or symptom, it won't be preventive.
 - These services may be covered under our medical benefits, not your preventive care benefits.
 - This means you may be responsible for paying for the care based on your insurance plan coverage amounts.

More info: [cigna.com/knowledge-center/preventive-care](#)

Details as of 7/1/2026, see Cigna website or [my.cigna.com](#) for most up to date information.