

VIRTUAL CARE



TAKE CARE OF YOUR HEALTH

A CURATED MENU OF VIRTUAL, IN-NETWORK PROVIDERS!

Primary Care
Urgent Care
Dermatology
Behavioral Health
Counseling

MDLIVE

Mental Health
Stress Management
Anxiety & Sleep
Support



Local Providers

[Search for in-network](#)

providers and
request virtual or
telehealth based
care.

Cardiac Health



GI Health



LGBTQIA+ Health

**FOLX
HEALTH**

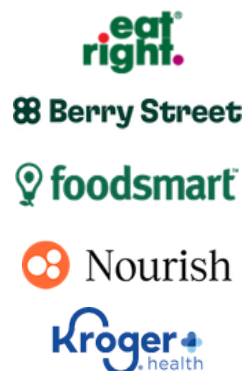
Speech Therapy



PT, Chiropractic, & Pain Management



Nutrition Support



Women's Health



More info: cigna.com/individuals-families/member-guide/virtual-care-services

Details as of 5/27/2026, see Cigna website or my.cigna.com for most up to date information.