

Take care of your employees with Doctor Cigna



Your doctor, within
the company just a
click away.



**cigna**
healthcare

Doctor Cigna offers you

Quick, convenient and confidential access to Cigna Healthcare Spain medical team.

The company doctor's consultation wherever they are.

Through Doctor Cigna your team will have access to video consultation to cover the specific needs of their physical and emotional health care.



Your doctor, within the company just a click away.

Telemedicine

- › Access to Cigna's medical team (family doctors, general practitioners, physiotherapists and psychologists)!
- › In Spanish and English.
- › Making out prescriptions and applications for diagnostic tests.
- › AI in dermatology.

Personalised coaching

- › Activate!¹ (Physical Activity).
- › Emotion Management!¹
- › Pregnancy.
- › Cardiovascular Risk!¹
- › Food and nutrition plan.
- › Pilates online!¹

Personalised clinical monitoring for chronic and acute patients

- › Constant support.
- › Dispelling doubts about the pathology or treatment.
- › Monitoring the treatment and how it evolves.

Advice about insurance cover and health benefits

- › Specialised consultancy on Medical Network.

¹ Available from 1st January 2024.

Doctor Cigna will help your employees to look after themselves by:

1. Telemedicine



Quick, convenient and confidential Access to Cigna Healthcare Spain medical team of doctors, nurses, psychologists and physiotherapists¹, via your computer and mobile devices:



Consultations by chat and video calls².



Programming appointments and making calls from the workplace or other locations, thus rendering movement unnecessary³.



Making out prescriptions and applying requesting diagnostic tests⁴.



You can share with Doctor Cigna all the medical documentation you think necessary.



Artificial Intelligence in dermatology, allows diagnosing and monitoring dermatological pathologies by sending a photograph⁵.

¹ Available as from 1st January 2024.

² Access via Google Chrome or Mozilla Firefox, either via the Private Insurance Area or the Doctor Cigna App, available at App Store and Google Play Store.

³ The Doctor Cigna service is currently available from Monday to Thursday from 9 to 14h and from 15 to 18 h, Friday from 9 to 14h, except December 24 and December 31, when it is available from 9 to 13h.

⁴ Subject to terms and conditions of service.

⁵ Legit Health AI tool.

2. Personal coaching

Doctor Cigna will suggest changes to your habits and opting for healthy life styles, all on an individual basis.



Specialist Programmes:

1

Activate!: our team of physiotherapists will help you to choose the best exercise plan based on your physical condition and we will monitor you to make sure you attain the targets set.

2

Pregnancy: the specialists monitor the pregnancy, identify the risk factors during the first 3-monthly period, furnish health information and personalised guidelines associated with your lifestyle, postnatal care and breastfeeding.

3

Emotion Management!: our team of psychologists will help you to recognise and deal with your emotions and to develop personal resources that will make life easier.

4

Cardiovascular Risk!: with the aid of a questionnaire, we will be able to assess your cardiovascular risk and our specialists will help you with recommendations and specific plans to reduce any such risk.

5

Food and nutrition plan: we help you to change your eating habits in order to improve your health.

6

Pilates online!: choose the best exercise plan according to your physical condition.

¹ Available as from 1st January 2024.

3. Personalised clinical monitoring for chronic and acute patients

If you are suffering from a chronic or acute pathology, Doctor Cigna will monitor the treatment and how it develops.



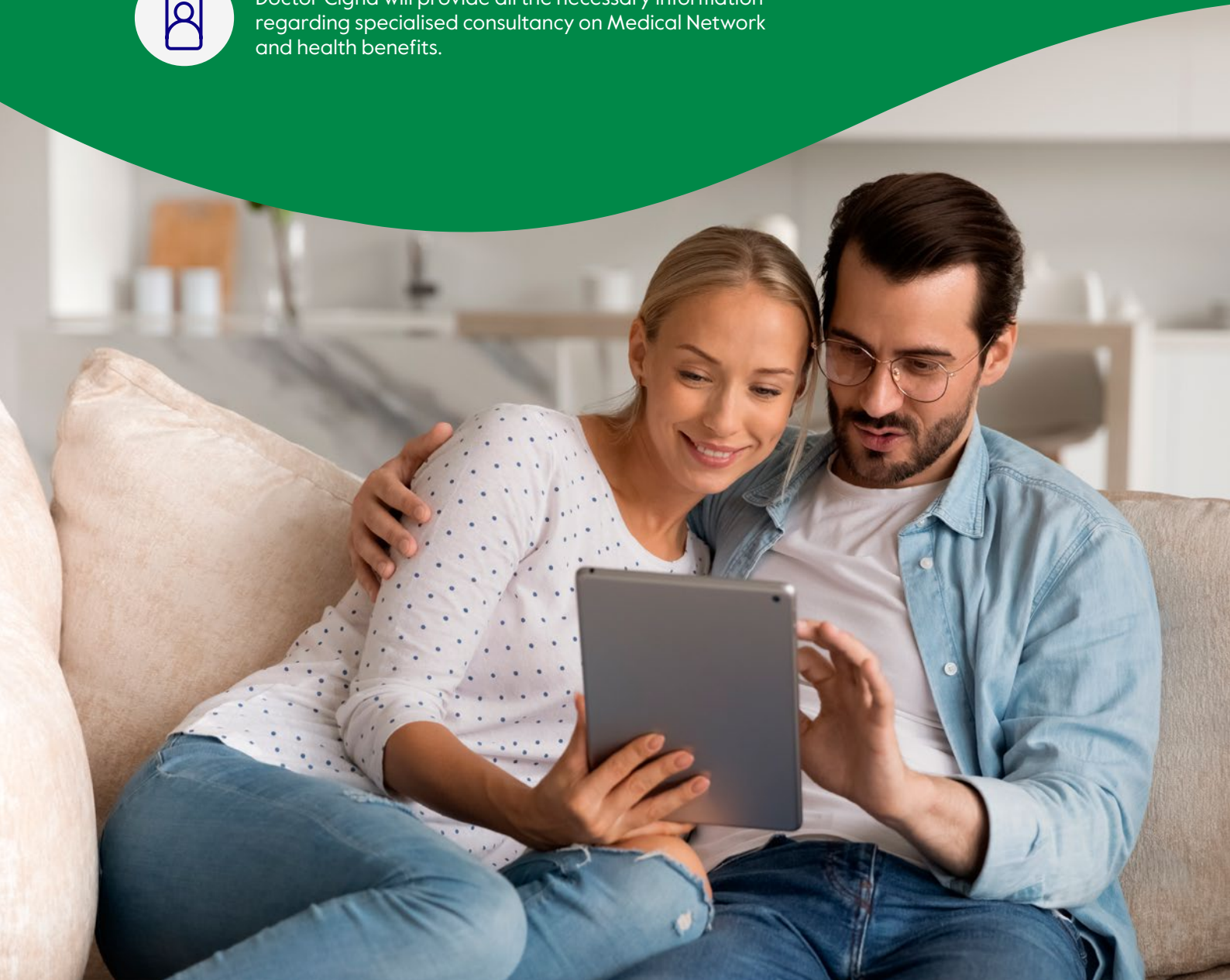
Personalised accompaniment programme and constant support in coping with the illness.

Dispelling doubts about the pathology itself or about the treatment.

4. Advice about insurance cover and health benefits



Doctor Cigna will provide all the necessary information regarding specialised consultancy on Medical Network and health benefits.





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For further information about this exclusive service provided by Cigna Healthcare, contact with the manager responsible for your account, through:

1. If you are an employee, please contact your HR Manager.
2. If you are HR Manager, please contact to your Client Manager assigned.

www.cigna.es

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