

A pain-free experience.

Cigna Pathwell Bone & JointSM is setting a new standard of care.



If you have joint pain, it can affect everything. Your body. Your mind. And how you're feeling emotionally. Cigna Pathwell Bone & Joint* offers a new standard of musculoskeletal (MSK) care that combines designated providers, clinical expertise, coordinated support and intuitive digital tools to empower you to take charge of your health. Whether the pain just started or you're ready for surgery, our team is here to help guide you to the right care at the right time.

With Cigna Pathwell Bone & Joint, you'll have access to:

Guidance to the care you need – When it comes to MSK pain, we first assess the holistic needs of a customer and ways to manage pain through non-surgical options. Through the digital experience, along with the assistance of a dedicated Care Advocate,¹ customers:

- May be guided to physical therapy through in-network options – both in person or virtual
- Learn how to manage their pain and about medication options
- Have behavioral comorbidities, like depression and anxiety, addressed through education and guidance to available behavioral benefits and programs
- Are educated about the impacts of lifestyle on their MSK health and guided to available programs for additional support
- Who are considering care from a provider, are guided to Pathwell Bone & Joint designated providers

Dedicated support – Work one-on-one with a Cigna HealthcareSM Care Advocate who has clinical expertise in spine, knee, hip and shoulder pain. They'll help you understand your options and create a personalized plan based on your goals.

Intuitive digital experience – Enjoy access to our user-friendly digital tools that put personalized activities, expert content, care navigation, and the ability to digitally communicate with your dedicated Care Advocate right at your fingertips.

Surgery benefit – When surgery is the optimal option, you can choose from a selection of designated in-network surgeons who deliver affordable care and meet Cigna Healthcare rigorous quality criteria, with zero or low cost surgery, pre and post-surgery support and a travel benefit.²

The best part? This program is included in your medical plan at no additional cost.³



Ready to put an end to joint pain?

Visit CignaPathwellBoneandJoint.com or call **877.505.5875**⁴ to learn more about Cigna Pathwell Bone & Joint.



* A Condition-Specific Care program.

1. These care advocates are nurses and physical therapists holding a current licensure in a minimum of one state but do not practice nursing or physical therapy or provide medical advice in any capacity as a care advocate.
2. When program participation requirements are met the Pathwell Bone & Joint Surgery benefit applies to certain spine, hip, knee and shoulder surgeries. For non-HSA plans, the employer's plan pays 100% of eligible expenses. For HSA plans, plan pays 100% after deductible is met.
3. All program costs are included with your insurance plan. If you visit with a health care provider, standard visit costs apply per your plan benefits.
4. Phone support available 9:00 am–9:00 pm ET.

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