

# PUT YOUR HEALTH FIRST

## Start with preventive care – it's covered under your SAMBA Health Plan!

Check-ups. Immunizations. Screenings. All are important to good health. Some serious conditions have no signs or symptoms. So, even if there are no symptoms currently, a regularly scheduled preventive care check-up is important. It can help detect and prevent health problems.

**SAMBA's in-network preventive services are covered at 100%.\***



### See your primary care provider.

Your primary care provider (PCP) is your personal health coach who coordinates all of your medical care. That includes things like routine physicals, immunizations, medical advice and specialist referrals. Your PCP knows you and your medical history. And that can be very valuable thing. Covered services include:

- Wellness visits – for adults and children
- Blood pressure and cholesterol tests
- Diabetes and colon cancer screenings
- Clinical breast exams and mammograms
- Pap tests

It's a good idea to meet your PCP before you're sick or injured. They can learn more about you and have your medical history without waiting for an urgent care situation.



**Be proactive and call a doctor to schedule an exam today.**

**Visit [SambaPlans.com](http://SambaPlans.com) or call 800.638.6589 for additional information.**



### Cigna Care Designation

### Need to find a primary care provider?

Choose a doctor with the **Cigna Care Designation** symbol (shown above, in blue).

The Cigna Care Designation helps take some of the guesswork out of choosing a doctor. Using standard, industry-accepted measures and information, Cigna does an evaluation of its in-network doctors in 18 of the most common specialties, including three primary care specialties. The results show doctors who have a proven history of achieving good quality outcomes, while also being cost effective. Only doctors with top results earn the Cigna Care Designation.



**To find an in-network doctor with the Cigna Care Designation, go to [SambaPlans.com](http://SambaPlans.com), then select "Find a Provider – Health Plan" under Quick Links.**

### Choose with confidence.

All Samba Health Plan's primary care providers (PCPs) with the Cigna Care Designation are examined closely to help ensure that their expertise matches Cigna's quality standards.

**Together, all the way.®**



\* Not all preventive care services are covered. For example, immunizations for travel are generally not covered. See your plan materials for a complete list of covered preventive care services.

Quality designations, cost-efficiency and other ratings reflect a partial assessment of quality and cost-efficiency and should not be the sole basis for decision-making. They are not a guarantee of the quality of care that will be provided to individual patients. You are encouraged to consider all relevant factors and consult with your physician when selecting a provider. Providers are independent contractors solely responsible for care delivered. They are not agents of Cigna.

## Help protect yourself from the one-two punch of chicken pox: Shingles.

Shingles is the one-two punch of infections. Anyone who ever gets it had a case of the chicken pox first, often many decades earlier. The two conditions are paired up because they come from the same virus.\*\*

After the chicken pox runs its itchy course, the virus retreats to nerve tissues near your spinal cord and brain, where it hides out. Doctors don't know why, but sometimes the virus "wakes up" and travels along nerve fibers to your skin. That's when it lands its second punch – shingles, also called herpes zoster.\*\*

### What are the symptoms?\*

If you have shingles, you'll most likely see a row of raised dots pop up on one side of your body or face. Your skin will look red in that area. You'll get a stabbing or shooting kind of pain. You may also feel:

- › A tingling feeling in or under your skin
- › Fever, chills and headache
- › An upset stomach

The rash eventually turns into painful, red, fluid-filled blisters. They should begin to dry out and crust over within seven to 10 days.

### Who gets it?\*

If you've had chickenpox, you're more likely to get shingles if you:

- › Have cancer, HIV, or another disease that lowers your body's defenses
- › Are 50 or older
- › Are under a lot of stress
- › Have had a physical trauma
- › Take long-term steroids or other medicines that can weaken your immune system

### What is the vaccine and who needs it?\*

The shingles vaccine is a one-shot vaccine recommended for everyone age 50 or older whose immune system is functioning and they have not recently had treatments like chemotherapy or high doses of steroids.

The shingles vaccine can be obtained from your doctor or pharmacy and is covered in-network at 100%.



### Stick with in-network labs.

If you need blood work done, you may go to the lab associated with your doctor's office. If you're at a hospital and need a pathology test, they may send you to the lab that's right onsite.

But did you know that if you go to Quest Diagnostics® or Laboratory Corporation of America® (LabCorp), routine lab services are paid at 100%?

Even though other labs may be part of the Cigna network, you'll get even bigger savings when you go to Quest and LabCorp for your lab work. With hundreds of locations nationwide, they make it easy to get lab services at a lower cost.



### Samba Health Plan covers Quest and LabCorp covered lab work at 100%.

#### Find a Quest or LabCorp near you.

Visit [SambaPlans.com](https://www.sambaplans.com), then select "Find a Provider – Health Plan" under Quick Links.

\*\* WebMD Medical Reference, Reviewed by Melinda Ratini, DO, MS on 3/10/16, Sources: American Academy of Dermatology: "Shingles: Overview," "Shingles: Diagnosis and Treatment." Johns Hopkins Medicine: "Shingles: What Is Shingles?" CDC: "Chickenpox: Complications," "Shingles Vaccination: What Everyone Should Know," "Shingles: Transmission." Mayo Clinic: "Shingles: Definition."

The information provided in this document is for educational purposes only. It is not intended as medical advice. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations.



## What you need to know: Prescription drug formularies and tiers.

**Express Scripts** uses the National Preferred Formulary.

**The National Preferred Formulary is a list of prescription drugs, both generic and name brand, used by Express Scripts to identify drugs that offer the greatest overall value to you and SAMBA.**

**A drug's position (tier level) in the formulary's tier pricing system determines *your* overall drug expense.**

**Tier 1:** Generic drugs, the *lowest-cost* drugs

**Tier 2:** Formulary or preferred name brand drugs – on the National Preferred Formulary and cost less than non-preferred medications

**Tier 3:** Non-formulary or non-preferred name brand drugs – not on the list of recommended drugs and may cost you more

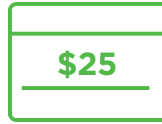
**Tier 4:** Specialty drugs – used to treat complex or rare chronic conditions. The cost is higher than other medications

**To maximize your prescription drug benefit, use generic drugs whenever possible.** If you're taking a brand-name drug that is not on the National Preferred Formulary, ask your doctor if a formulary drug or a generic would be right for you.



### Get more information or compare prices.

- Visit [sambaplans.com/health-benefit-plan/](http://sambaplans.com/health-benefit-plan/) and click on "Prescription Drug Benefits."
- Call Express Scripts at **855.315.8527**.



## Earn a \$25 credit toward your calendar year deductible by completing your health assessment.

When you complete your health assessment, SAMBA will apply a \$25 credit toward your calendar year deductible. This incentive is limited to two covered individuals per family (over age 18) and allowed once per calendar year. By taking the assessment, you'll gain knowledge about what you are doing well and areas that may need work. With this knowledge you will have the power to make positive changes in your life.

To complete your health assessment, visit **SambaHealth.com** and enter "health assessment" in the Search field. When you click on the health assessment link, you will be directed to the SAMBA/myCigna<sup>SM</sup> web page where you can register or log in to your **myCigna.com** account to take your health assessment.



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