



KNOW BEFORE YOU OWE

Get real care costs with the new Cigna Care and Costs Directory, powered by Castlight.

Because when it comes to health care costs, nobody likes surprises.

The new Cigna Care and Cost Directory, available to participants in the Seafarers Health and Benefits Plan at no additional cost, is an easy-to-use online tool that allows you to estimate the costs of care based on your specific medical plan and deductible status. So you'll know exactly how much your care will cost before you even go for your visit.

With the new directory powered by Castlight, you can also:

- Find in-network doctors, facilities and services near you
- Read real patient reviews about providers
- Compare provider quality ratings from national sources
- Create a Care Team of preferred doctors for easy access to scheduling appointments

It's all part of our commitment to provide you and your family with easy access to quality and affordable care.

*Please note: You may still use the Find Care & Costs tool on **myCigna.com** to view provider and facility information, but the costs within this tool are estimated costs before coverage; not based on your specific plan and deductible status.*

Register today to start using the directory.

- Log in or register at **myCigna.com**
- Click the **Find Care & Costs** tab
- In the pop-up window, click on "...access the Cigna Care and Costs Directory, powered by Castlight." under the **Search for a Medical Physician or Facility** header.
- Follow the prompts to register with Castlight. Information is secure and completely confidential



Have questions?

Call **800.252.4674** for assistance.



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