SUMMARY OF BENEFITS

Cigna Health and Life Insurance Co. For Employees of - Spelman College Open Access Plus Plan 2014 - OAP



Selection of a Primary Care Provider - Your plan may require or allow the designation of a primary care provider. You have the right to designate any primary care provider who participates in the network and who is available to accept you or your family members. If your plan requires designation of a primary care provider, Cigna may designate one for you until you make this designation. For information on how to select a primary care provider, and for a list of the participating primary care providers, visit www.mycigna.com or contact customer service at the phone number listed on the back of your ID card.

Direct Access to Obstetricians and Gynecologists - You do not need prior authorization from the plan or from any other person (including a primary care provider) in order to obtain access to obstetrical or gynecological care from a health care professional in our network who specializes in obstetrics or gynecology. The health care professional, however, may be required to comply with certain procedures, including obtaining prior authorization for certain services, following a pre-approved treatment plan, or procedures for making referrals. For a list of participating health care professionals who specialize in obstetrics or gynecology, visit www.mycigna.com or contact customer service at the phone number listed on the back of your ID card. For children, you may designate a pediatrician as the primary care provider.

Plan Highlights	In-Network	Out-of-Network
Lifetime Maximum	Unlimited	Unlimited
Coinsurance	You pay 10% coinsurance	You pay 30% coinsurance
Maximum Reimbursable Charge Out-of-network services are subject to a Calendar Year deductible and maximum reimbursable charge limitations. Payments made to health care professionals not participating in Cigna's network are determined based on the lesser of: the health care professional's normal charge for a similar service or supply, or a percentage (110%) of a fee schedule developed by Cigna that is based on a methodology similar to one used by Medicare to determine the allowable fee for the same or similar service in a geographic area. In some cases, the Medicare based fee schedule is not used, and the maximum reimbursable charge for covered services is determined based on the lesser of: the health care professional's normal charge for a similar service or supply, or the amount charged for that service by 80% of the health care professionals in the geographic area where it is received. The health care professional may bill the customer the difference between the health care professional's normal charge and the Maximum Reimbursable Charge as determined by the benefit plan, in addition to applicable deductibles, co-payments and coinsurance.	Not Applicable	110%

Plan Highlights	In-Network	Out-of-Network
 Calendar Year Deductible Only the amount you pay for in-network covered expenses counts toward your in-network deductible. Only the amount you pay for out-of-network covered expenses only counts toward your out-of-network deductible. After each eligible family member meets his or her individual deductible, covered expenses for that family member will be paid based on the coinsurance level specified by the plan. Or, after the family deductible has been met, covered expenses for each eligible family member will be paid based on the coinsurance level specified by the plan. 	Individual: \$600 Family: \$1,200	Individual: \$1,100 Family: \$2,200
 Calendar Year Out-of-Pocket Maximum Only the amount you pay for in-network covered expenses counts toward your in-network out-of-pocket maximum. Only the amount you pay for out-of-network covered expenses counts toward your out-of-network out-of-pocket maximum. Plan deductible contribute towards your out-of-pocket maximum. All copays and benefit deductibles contribute towards your out-of-pocket maximum. Mental health and substance abuse covered expenses contribute towards your out-of-pocket maximum. After each eligible family member meets his or her individual out-of-pocket maximum, the plan will pay 100% of their covered expenses. Or, after the family out-of-pocket maximum has been met, the plan will pay 100% of each eligible family member's covered expenses. This plan includes a combined Medical/Pharmacy out-of-pocket maximum. 	Individual: \$3,100 Family: \$6,200	Individual: \$8,600 Family: \$17,200
Pre-Existing Condition Limitation (PCL)	Not Applicable	Not Applicable

Plan Highlights	In-Network	Out-of-Network		
Pre-certification - Continued Stay Review - PHS+ Inpatient - required for all inpatient admissions	Coordinated by your physician	 Customer is responsible for contacting Cigna Healthcare. Subject to penalty/reduction or denial for non- compliance. 50% penalty applied to hospital inpatient charges for failure to contact Cigna Healthcare to precertify admission. Benefits are denied for any admission reviewed by Cigna Healthcare and not certified. Benefits are denied for any additional days not certified by Cigna Healthcare. 		
Pre-certification - Continued Stay Review - PHS+ Outpatient Prior Authorization - required for selected outpatient procedures and diagnostic testing	Coordinated by your physician	 Cigna Healthcare. Customer is responsible for contacting Cigna Healthcare. Subject to penalty/reduction or denial for non- compliance. 50% penalty applied to outpatient procedures/diagnostic testing charges for failure to contact Cigna Healthcare and to precertify admission. Benefits are denied for any outpatient procedures/diagnostic testing reviewed by Cigna Healthcare and not certified. 		
Benefit	In-Network	Out-of-Network		
Physician Services				
Primary Care Physician (PCP) Office Visit	You pay \$25 PCP copay	You pay 30% coinsurance after plan deductible is met		
Specialty Care Physician Office Visit	You pay \$40 Specialist copay	You pay 30% coinsurance after plan deductible is met		
Surgery Performed in Physician's Office	You pay \$25 PCP or \$40 Specialist copay	You pay 30% coinsurance after plan deductible is met		
Allergy Treatment/Injections	You pay lesser of \$25 PCP or \$40 Specialist copay or actual charge	You pay 30% coinsurance after plan deductible is met		
Allergy Serum Dispensed by the physician in the office	Plan pays 100%, no plan deductible	You pay 30% coinsurance after plan deductible is met		

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Benefit	In-Network	Out-of-Network			
Preventive Care					
 Routine Preventive Care - (birth thru age 5) Includes well-baby, well-child preventive care Includes immunizations Includes coverage of additional services, such as urinalysis, EKG, and other laboratory tests, supplementing the standard Preventive Care benefit. 	Plan pays 100%, no plan deductible	You pay 30% coinsurance, no plan deductible			
 Routine Preventive Care - (age 6 and older) Includes well-child, well-woman and adult preventive care Includes immunizations Includes coverage of additional services, such as urinalysis, EKG, and other laboratory tests, supplementing the standard Preventive Care benefit. 	Plan pays 100%, no plan deductible	You pay 30% coinsurance after plan deductible is met			
 Mammogram, PAP, PSA Tests Coverage includes the associated Preventive Outpatient Professional Services. Diagnostic-related services are covered at the same level of benefits as other x-ray and lab services, based on place of service. 	Plan pays 100%, no plan deductible	You pay 30% coinsurance after plan deductible is met			
Benefit	In-Network	Out-of-Network			
Inpatient					
Inpatient Hospital Facility	You pay 10% coinsurance after plan deductible is met	You pay 30% coinsurance after plan deductible is met			
Inpatient Hospital Physician's Visit/Consultation	You pay 10% coinsurance after plan deductible is met	You pay 30% coinsurance after plan deductible is met			
 Inpatient Professional Services For services performed by Surgeons, Radiologists, Pathologists and Anesthesiologists 	You pay 10% coinsurance after plan deductible is met	You pay 30% coinsurance after plan deductible is met			
Multiple Surgical Reduction	Multiple surgeries performed during one operating session result in payment reduction of 50% to the surgery of lesser charge. The most expensive procedure is paid as any other surgery.				

Benefit	In-Network	Out-of-Network		
Outpatient				
Outpatient Facility Services	You pay 10% coinsurance after plan deductible is met	You pay 30% coinsurance after plan deductible is met		
 Outpatient Professional Services For services performed by Surgeons, Radiologists, Pathologists and Anesthesiologists 	You pay 10% coinsurance after plan deductible is met	You pay 30% coinsurance after plan deductible is met		
 Short-Term Rehabilitation Per Calendar Year Maximums: Pulmonary Rehabilitation, Cognitive Therapy, Physical Therapy, Speech Therapy, Occupational Therapy and Chiropractic Care – 60 days Cardiac Rehabilitation - 36 days Note: Therapy days, provided as part of an approved Home Health Care plan, accumulate to the applicable outpatient short term rehab therapy maximum 	You pay \$25 PCP or \$40 Specialist copay	You pay 30% coinsurance after plan deductible is met		
Benefit	In-Network	Out-of-Network		
Other Health Care Facilities/Services				
Home Health Care (includes outpatient private duty nursing days when approved as medically				
	You pay 10% coinsurance after plan deductible is met	You pay 30% coinsurance after plan deductible is met		
 necessary) 120 days maximum per Calendar Year 16 hour maximum per day 				
 necessary) 120 days maximum per Calendar Year 16 hour maximum per day Skilled Nursing Facility, Rehabilitation Hospital, Sub-Acute Facility 60 days maximum per Calendar Year Durable Medical Equipment Unlimited maximum per Calendar Year 	deductible is met You pay 10% coinsurance after plan	deductible is met You pay 30% coinsurance after plan		
 necessary) 120 days maximum per Calendar Year 16 hour maximum per day Skilled Nursing Facility, Rehabilitation Hospital, Sub-Acute Facility 60 days maximum per Calendar Year Durable Medical Equipment 	deductible is met You pay 10% coinsurance after plan deductible is met You pay 10% coinsurance after plan	deductible is met You pay 30% coinsurance after plan deductible is met You pay 30% coinsurance after plan		

		Place	of Servi	ce - Y	You pay	based on w	here you	receive se	rvices	5.		
Benefit	Physician's Office Outp			eatient Facility			Emergency Room/ Urgent Care Facility		Independent Lab		Inpatient Hospital	
Benefit	In-Network	Out-of- Network	In-Netwo	work Out-of- Network		In-Network	Out-of- Network	In-Network	Out-o	-	In-Network	Out-of- Network
Lab and X- ray	You pay \$25 PCP or \$40 Specialist copay	You pay 30% coinsurance after plan deductible is met	You pay 1 coinsuran after plan deductible met	10% coinsurance after plan deductible isYou pay 10% coinsurance after plan deductible is metYou coinsurance after plan deductible is met		You pay 10% coinsurance after plan deductible is met	You pay 30% coinsurance after plan deductible is met		Covered under plan's Inpatient Hospital benefit	Covered under plan's Inpatient Hospital benefit		
Advanced Radiology Imaging (MRI, MRA, CAT Scan, PET Scan, etc.)	Plan pays 100%, no plan deductible	You pay 30% coinsurance after plan deductible is met	You pay 1 coinsuran after plan deductible met	0% You pay 30% ce coinsurance after plan after plan deductible is met		Not Applicable	Not Applicable		You pay 10% coinsurance after plan deductible is met	You pay 30% coinsurance after plan deductible is met		
		Place	of Servi	ce - Y	You pay	based on w	here you	receive se	rvices	5.		
Benefit	Ph	ysician's Offic	ce		Emergenc	y Room	(Radiolog	ient Profession Services jist, Pathologis Physician)			*Ambula	nce
	In-Netw	ork	ut-of- twork	In-N	letwork	Out-of- Network In-Netwo		ork Out-of- Network		In-	Network	Out-of- Network
Emergency Care	Specialist	You pay \$25 PCP or \$40 Specialist copay						ible is met plan		n pay 10% coinsurance after n deductible is met		
* - Ambulance	services used					ortation from hos	• • • • • • • • • • • • • • • • • • •					
		Place	of Servi	ce - Y	You pay	based on w				; .		
Popofit	Ph	ysician's Offic	e .	Urgent Care Facility		Outpatient Professional Services			*Ambulance		nce	
Benefit	In-Netw	ork –	ut-of- twork	In-N	letwork	Out-of- Network	In-Netwo	rk Out		In-	Network	Out-of- Network
Urgent Care	You pay \$2 Specialist	25 PCP or \$40 copay		You pay 10% coinsurance after You						You pay 10% coinsurance after plan deductible is met		
* - Ambulance			ency transpo	ortation	(e.g., transp	oortation from hos	spital back hor	me) generally a	re not cov	/ered		

		Place	of Servic	e - Yo	ou pay	based on v	where	you	receive se	ervices.		
		l Visit to Con Pregnancy	VISIT TO CONTIRM		All Subsequent Prenatal Visits, Postnatal Visits and Physician's Delivery Charges			Office Visits in Addition to Global Maternity Fee (Performed by OB/GYN or Specialist)			Delivery - Facility (Inpatient Hospital, Birthing Center)	
	In-Network		ut-of- twork	In-Net	work	Out-of- Network	In-	Netwo	rk Out- Netw		In-Network	Out-of- Network
Maternity	You pay \$2 PCP or \$40 Specialist copay	coinsu after p	irance d lan a tible is d	You pay 10% coinsurance after plan deductible is met		You pay 30% coinsurance after plan deductible is met	PCP Spec	You pay \$25 PCP or \$40 Specialist copay You pay coinsura after pla deductib met		nce co n af le is de	ou pay 10% binsurance fter plan eductible is et	You pay 30% coinsurance after plan deductible is met
		Place	of Servic	e - Yo	ou pay	based on v	where	you	receive se	ervices.		
B	enefit		-	al and C		Ith Care Faciliti					nt Services	
			In-Network			Out-of-Networl		N	In-Networ			-Network
	Hospice (provided as part of Hospice Care Program)You pay 10% coinsu after plan deductible									You pay 30% coinsurance after plan deductible is met		
		Place	of Servic	e - Yo	ou pay	based on v	where	you	receive se	ervices.		
Benefit	Physician' s Office				spital Facility Outpatient Servic						onal Outpatient Professional Services	
Denent	In-Network	Out-of- Network	In-Networ		Dut-of- etwork	In-Network	Out- Netw		In-Network	Out-of- Networl		k Out-of- Network
Family Planning - Men's Services	PCP or \$40 Specialist	You pay 30% coinsurance after plan deductible is met	You pay 10 coinsurance after plan deductible i met	e coin afte	pay 30% surance r plan uctible is	You pay 10% coinsurance after plan deductible is met	You pay coinsur after pla deducti met	ance an	You pay 10% coinsurance after plan deductible is met	You pay 30 coinsurance after plan deductible met	e coinsurance after plan	e coinsurance after plan
Includes surgio	cal services, suc	h as vasector										I
Family Planning - Women's Services	100%, no plan deductible	You pay 30% coinsurance after plan deductible is met	Plan pays 100%, no plan deductible	coin afte	pay 30% surance r plan uctible is	Plan pays 100%, no plan deductible	You pay coinsur after pla deducti met	ance an	Plan pays 100%, no plan deductible	You pay 30 coinsuranc after plan deductible met	e 100%, no	You pay 30% coinsurance after plan deductible is met
v	cal services, suc		•		als).							
Contraceptive	devices as orde					1						
Infertility	PCP or \$40 Specialist	You pay 30% coinsurance after plan deductible is met	You pay 10 coinsurance after plan deductible i met	e coin afte	pay 30% surance r plan uctible is	You pay 10% coinsurance after plan deductible is met	You pay coinsur after pla deducti met	ance an	You pay 10% coinsurance after plan deductible is met	You pay 30 coinsurance after plan deductible met	e coinsurance after plan	e coinsurance after plan

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P Benefit		n' s Services - fice Visit	Inpatient Ho	Inpatient Hospital Facilit		nt Facility /ices	Inpatient Professional Services		Outpatient Professional Services	
Denem	In-Netwo	k Out-of- Network	In-Network	Out-of- Network	In-Network	Out-of- Network	In-Network	Out-of- Network	In-Network	Out-of- Network
nfertility cover	ed services:	lab and radiology	test, counseling	g, surgical tre	eatment, includes a	artificial insemir	nation, in-vitro fe	ertilization, GIF	Γ, ZIFT, etc.	
20,000 lifetim	e maximum									
		Place	of Service	- You pa	y based on v	where you	receive se	ervices.		
Physician's Office			t Facility		nt Facility	Inpatient P	Professional vices		Professional /ices	
Benefit	In-Netwo	k Out-of- Network	In-Network	Out-of- Network	In-Network	Out-of- Network	In-Network	Out-of- Network	In-Network	Out-of- Network
TMJ, Surgical and Non- Surgical - case-by-case basis. Always excludes appliances & orthodontic treatment. Subject to medical necessity.			You pay 10% coinsurance after plan deductible is met	You pay 30 coinsurance after plan deductible i met	e coinsurance after plan	You pay 30% coinsurance after plan deductible is met	You pay 10% coinsurance after plan deductible is met	You pay 30% coinsurance after plan deductible is met	You pay 10% coinsurance after plan deductible is met	You pay 30% coinsurance after plan deductible is met
Non-Surgical.		•		- Vou na	v based on v	whoro you	rocoivo so	nvicos		
Benefit					Outpatient - Physician's O includes individual, group thera health and intensive outpatien health)		Ou (includes indiv	Outpatient Facility ndividual, group therapy me nd intensive outpatient ment health)		
		In-Network	Out-of-N	letwork	In-Network	Out-of	-Network	In-Networ	k Out-	of-Network
Mental Health You pay 10% coinsurance after plan deductible is met		coinsurance	plan deductible is		You pay You pay \$40 copay plan ded met				ay 30% rance after eductible is	

Benefit	Inpa	itient	(includes indivi	hysician's Office dual and intensive ıbstance abuse)	(includes indiv	Outpatient Facility (includes individual and intensive outpatient substance abuse)		
	In-Network	Out-of-Network	In-Network	Out-of-Network	In-Network	Out-of-Network		
Substance Abuse	You pay 10% You pay 30%		You pay \$40 copay	You pay 30% coinsurance after plan deductible is met	You pay 10% coinsurance after plan deductible is met	You pay 30% coinsurance after plan deductible is met		
Note: Detox is covered								
	mum per calendar year							
 Substance Abi 	use services are paid at	100% after you reach y	and the second					
	Pharmacy		In	-Network	Out-c	of-Network		
 Self Administe includes inferti Oral Fertility di Oral Contracei Includes Oral (100%) 	rugs included	ecific products covered	Home delivery Generic: You pa Preferred Brand	ay \$15 : You pay \$35 Brand: You pay \$60 - 90 day supply ay \$30	You pay the same column	You pay the same as the in-network column		
Pharmacy Clinical Ma	nagement and Prior A		tion requirements					
Pharmacy Cost Mana			lion requirements					
Step Therapy is a price medication is covered. • All possible Ste Therapy for yo myCigna.com.	r authorization program ep Therapy medications ur plan, please call Cus	are identified on the Ci	gna prescription drug lis	vailable to treat the sam st with an "ST" suffix. To our ID card or visit the Pi	determine if a specific	drug is subject to Step		
	grams: lex psychiatric case mai tic therapy managemen	-						
Specialty Pharmacy I		•						
Clinical Progra o Prior a o Therac		on specialty medication	s but quantity limits ma	y apply.				

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Definitions

Coinsurance - After you've reached your deductible, you and your plan share some of your medical costs. The portion of covered expenses you are responsible for is called coinsurance.

Copay - A flat fee you pay for certain covered services such as doctor's visits or prescriptions.

Deductible - A flat dollar amount you must pay out of your own pocket before your plan begins to pay for covered services.

Out-of-Pocket Maximum - Specific limits for the total amount you will pay out of your own pocket before your plan coinsurance percentage no longer applies. Once you meet these maximums, your plan then pays 100 percent of the "maximum reimbursable charges" or negotiated fees for covered services.

Prescription Drug List - The list of prescription brand and generic drugs covered by your pharmacy plan.

Transition of Care - Provides in-network health coverage to new customers when the customer's doctor is not part of the Cigna network and there are approved clinical reasons why the customer should continue to see the same doctor.

Dollars & Sense

DOLLARS & SENSE: Easy ways to decrease your out-of-pocket health care expenses.

In-network care

Using doctors, hospitals and facilities that participate in the Cigna network can save you money. In addition, choosing Cigna Care designated specialists - doctors in 19 specialities who have been identified for their superior performance in quality and cost efficiency - may save you even more. You can verify that a doctor or facility is in Cigna's network and learn more about the Cigna Care designation by checking the directory on myCigna.com or Cigna.com, or by calling the customer service number on the back of your Cigna ID card. Cigna is open 24/7.

Urgent care

(Average urgent care center cost \$131 / Average hospital ER cost \$1,523)

Many people use the emergency room (ER) for conditions that are not serious or life-threatening. Using an urgent care center or your doctor's office instead of an ER can save you hundreds of dollars and provides the same quality of care as an ER. If you need care and are not sure if you need to go to the ER, speak with your doctor or call Cigna's 24-hour nurse line at the number on the back your Cigna ID card to determine the most appropriate location for urgent care.

Convenience care or retail clinics

(Average convenience care clinic cost \$61 / Average hospital ER cost \$1,523)

Convenience care clinics provide quick and easy access to high quality treatment for common medical conditions when your doctor is not available. These clinics are located in department stores, grocery stores and pharmacies. To locate convenience care clinics, you can check the Directory on myCigna.com or Cigna.com, or call the customer service number on the back of your Cigna ID card. Cigna is open 24/7.

Laboratory and pathology tests

(Average LabCorp/Quest cost \$9 / Average other lab cost \$24 / Average outpatient hospital lab cost \$48)

Two of the nation's largest and most prominent laboratories, Quest Diagnostics, Inc. (Quest) and Laboratory Corporation of America (LabCorp), participate in the Cigna network. Services at these labs can cost 70-75% less and offer the same or better quality than hospital laboratories. When you need lab services, discuss these options with your doctor. To find the nearest Quest and LabCorp locations, check the directory on myCigna.com or Cigna.com.

Radiology services (MRI or CT scan)

(Average independent radiology facility cost \$591 / Average outpatient hospital cost \$1,198)

If you need to have an MRI or CT scan, you can save hundreds of dollars by using an independent radiology center. While Cigna contracts with all types of facilities that provide radiology services, using independent radiology centers will save you money, without any difference in quality. Discuss location options with your doctor. For help locating the most cost effective facility in which to have an MRI or CT scan, you can use the cost comparison tools on myCigna.com or call the customer service number on the back of your Cigna ID card.

Colonoscopy, endoscopy or arthroscopy

(Average freestanding surgery center cost \$1,438 / Average outpatient hospital cost \$2,821)

When a doctor recommends a colonoscopy, GI endoscopy or arthroscopy, make sure you know your options. Using a freestanding outpatient surgery center for

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Dollars & Sense

these procedures instead of a hospital can often save hundreds of dollars, while maintaining the same high quality as a hospital. Talk with your doctor about options. For help locating the most appropriate facility, you can use our cost comparison tools on myCigna.com or call the customer service number on the back of your Cigna ID card.

Cigna Home Delivery Pharmacy

You can save money and enjoy convenient home delivery by using Cigna Home Delivery Pharmacy for your prescription medications. You can get up to a 90-day supply of your medication.

Exclusions

What's Not Covered (not all-inclusive):

Your plan provides coverage for most medically necessary services. Examples of things your plan does not cover, unless required by law or covered under the pharmacy benefit, include (but aren't limited to):

- Cosmetic services
- Custodial and other non-skilled services
- Dental care, unless due to accidental injury to sound natural teeth
- Experimental or investigational treatments, except for routine patient care costs related to qualified clinical trials as described in your plan document
- Eyeglass lenses and frames, contact lenses and surgical vision correction
- Genetic screenings
- Non-prescription and anti-obesity drugs
- Reversal of sterilization procedures
- Services for an injury or illness that occurs while working for pay or profit including services covered by worker's compensation benefits
- Services provided through government programs
- Services that aren't medically necessary
- Telephone, email and internet consultations in the absence of a specific benefit
- Travel immunizations
- Treatment of sexual dysfunction
- Weight loss programs
- Hearing aids
- Acupuncture
- Obesity surgery and services

These are only the highlights

This summary outlines the highlights of your plan. For a complete list of both covered and not-covered services, including benefits required by your state, see your employer's insurance certificate or summary plan description -- the official plan documents. If there are any differences between this summary and the plan documents, the information in the plan documents takes precedence. This summary provides additional information not provided in the Summary of Benefits and Coverage document required by the Federal Government.

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