

# A PAIN-FREE EXPERIENCE.

**Cigna Pathwell Bone & Joint<sup>SM</sup>**  
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 a national network of high-quality 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:

**Dedicated support** – Work one-on-one with a Cigna care advocate<sup>1</sup> who has clinical expertise in low back pain and osteoarthritis of the hip and knee. 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 and exercises, expert content, care navigation, and progress trackers right at your fingertips.

**Guidance to the care you need** – Choose from a network of chiropractors, physical therapists and mental health professionals available in person or virtually.

**Surgery benefit** – When surgery is the optimal option, you can choose from a selection of in-network orthopedic surgeons and facilities that meet Cigna's rigorous quality criteria, with low or zero cost for surgery.<sup>2</sup>

**The best part?** This program is included in your medical plan at no additional cost.<sup>3</sup>

## Ready to put an end to joint pain?

Visit [cignabackpainhelp.com](https://cignabackpainhelp.com) or call **877.505.5875**<sup>4</sup> to learn more about Cigna Pathwell Bone & Joint.

\* Pathwell Bone & Joint is part of the condition-specific care benefit.

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. 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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