

Making it easy to find higher-performing providers

The Cigna Care Designation



When employees can confidently choose a health care provider for reasons that matter to them, everyone can benefit. They can get the care they need – and feel better about the quality and cost of that care. The Cigna Care Designation can help your employees find that confidence when choosing their providers.

The Cigna Care Designation identifies those providers in the Cigna network who have achieved top results on Cigna's quality and cost-efficiency measures.

The Cigna Care Designation helps employees:

- › Easily find these higher-performing providers¹ through an online directory search on **Cigna.com**, **myCigna.com** or the **myCigna® App**
- › Research providers' quality and cost-efficiency
- › Choose quality, cost-efficient care

31% of Cigna network providers have earned the Cigna Care Designation²

How providers earn the Cigna Care Designation

Evaluation methodology – We review 21 of the most common provider types, using nationally recognized industry standards for quality and cost-efficiency. Providers who meet both quality and cost-efficiency criteria earn the Cigna Care Designation.

Meets the minimum requirements

- › Be Cigna credentialed
- › Be located in an active market
- › Practice in one of the 21 specialties
- › Meet Cigna group board certification criteria
- › Have a minimum of 30 treatment episodes and/or a minimum of 30 evidence-based medicine measures

then

Meets 1 of 3 criteria

- › Top 34% cost and quality
- › Top 25% cost or quality
- › Cigna Collaborative Care® pathway



Your New Growth Plan.

Offered by Cigna Health and Life Insurance Company or its affiliates.

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Cigna Care Designation includes:

18 specialties

- Allergy/Immunology
- Cardiology
- Cardio-thoracic surgery
- Dermatology
- Ear, nose and throat
- Endocrinology
- Gastroenterology
- General surgery
- Hematology/Oncology
- Nephrology
- Neurology
- Neurosurgery
- OB/GYN
- Ophthalmology
- Orthopedics and surgery
- Pulmonology
- Rheumatology
- Urology

3 primary care types

- Family practice
- Internal medicine
- Pediatrics

The Cigna Care Designation provider types reviewed account for **more than 33%** of spend³

Better informed for better results

The results are clear. When your employees are better informed they can be more engaged in their health care decisions. And choosing higher-performing providers helps drive better health, better savings and better value.

Compared to other providers, Cigna Care Designation providers:

- › Have treatment costs that average **37% less** per episode of care⁴
- › Are **more compliant** with evidence-based medicine measures⁵

To learn more about how we are making it easy to find higher-performing providers, contact your Cigna representative.



Your New Growth Plan.

1. Providers identified as having top results, based on Cigna's Quality, Cost Efficiency, and Cigna Care Designation Methodology White Paper.
2. Cigna July 2022 internal analysis of national Open Access Plus (OAP) contracted providers as of July 2022. Subject to change.
3. Cigna July 2022 internal analysis of OAP claims data January 1, 2020 through December 31, 2020.
4. Cigna analysis of claims spend in CCD markets for 2020 for the 21 specialties reviewed, July 2022. Weighted average of all markets. Comparisons made against non-Cigna Care Designation providers. Actual results will vary.
5. Cigna analysis of claims processed for 2020 for the 21 specialties reviewed, July 2022.

Quality designations are not a guarantee of the quality of care that will be provided to individual patients. Designations and ratings are a partial assessment of quality and cost-efficiency based on our claims data, and should not be the sole basis for decision-making (as such measures have a risk of error). Employees are encouraged to consider all relevant factors and to consult with their treating health care professional when choosing a provider for care.

Product availability may vary by location and plan type and is subject to change. All group health insurance plans and health benefit plans contain exclusions and limitations. For costs and complete details of coverage, contact your Cigna representative.

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