

ARE YOU PREPARED FOR AN INTERNATIONAL ASSIGNMENT?

Get prepared with this program.



Great reasons to use Cigna's pre-assignment assistance program

Have an easier and healthier transition.

Whether this is your first international assignment or you are an experienced traveler, there are medical and health-related things you need to think about before you leave. The pre-assignment assistance program can help you identify medical facilities and doctors before needing care, and help reduce the risk of having a medical episode while on assignment.

Be prepared.

The pre-assignment assistance questionnaire provides you with useful tools, including a checklist of things you should do before leaving for a new assignment, information about the country you will be working in and even how to find a doctor or get medications while traveling away from home.

Learn about a country's health care.

Health care is not the same in all countries - it can vary greatly across the globe. You can learn more about your new location, including how to access health care while you're there and if medications are available in your assignment country, or if alternative medications may be necessary and how to plan appropriately.

Get individualized advice.

No two people are alike. You'll get customized feedback based on your specific needs.

We'll help your family too.

Whether your family is coming with you or staying at home, your spouse and children can also take the questionnaire and even speak with a nurse regarding any medical or medication needs.

Do you or a family member take any medications?

Do you have a plan to obtain medications while on assignment? Do you or a family member have any chronic medical conditions? Do you have a plan to receive medical care while on assignment? Cigna's pre-assignment assistance program can help you build a plan before you leave home.

It only takes 10 or 15 minutes.

To access the pre-assignment assistance questionnaire, visit **CignaEnvoy.com** and select "I do not have a Cigna ID/Pre-assignment tools."



I never realized that the prescription medication I take regularly wouldn't be available in my assignment country.

If you are identified as having a medical condition, a Cigna nurse may reach out to you to offer confidential assistance on how best to be prepared for your international assignment.

Together, all the way.®



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

How to access the questionnaire if you haven't yet received your Cigna ID card.

1. Visit **CignaEnvoy.com** and select "I do not have a Cigna ID/Pre-assignment tools." Log in with your client ID number and password below.

Client ID:*

Password:*

2. After you accept the terms of use,** you will be taken to the pre-assignment assistance questionnaire.
3. When prompted, please enter your own personal and confidential login and password.
4. Please check the **yes** consent box at the end of the questionnaire so that you may receive outreach from a Cigna nurse should you be identified as needing assistance.
5. While you're online, you can also click on our country guides and provider directory to learn more about the country you will be traveling to. You will find information: **Local health care, required and recommended immunizations, crime rate, weather, currency, finding a good provider and more.**

How to access the questionnaire if you've already received your Cigna ID card.

1. Visit **CignaEnvoy.com** and select "I have an existing login."
 - If you have not yet registered for Cigna Envoy, select "I have not registered yet" and follow the prompts.
2. Select "What to Know When Travelling & Relocating" from the "Health and Wellbeing" drop-down menu at the top.
3. The pre-assignment assistance programme will be your first option. You can register or log in to complete the questionnaire (you may already have login credentials if you've taken the questionnaire before).
4. Please check the **yes** consent box at the end of the questionnaire so that you may receive information or outreach from a Cigna clinician or nurse.



Living abroad is exciting, but health care systems are so different! I'm so glad we knew where and how to find a health care professional before we actually needed one.

Cigna Global Health Benefits®



* **Please note:** The client ID above only provides access to the Cigna Envoy site. You must create a unique username and password to complete the pre-assignment questionnaire.

** Personal data is treated confidentially and securely. We do not share personal data with third parties or employers and we will not send you unsolicited marketing. For additional information regarding data privacy policies and fair processing notices, please consult **CignaEnvoy.com** or your employer's privacy office.

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