

Meet Visana.

An in-network virtual care clinic for women at every stage of life.



Offered as part of your Cigna HealthcareSM medical plan, Visana is a virtual women's health clinic where you can find answers to new symptoms or existing diagnoses. **Simply schedule a convenient virtual visit and pay your in-network cost-share.***

Get support for:

- **Preventive care** like well-woman visits, fertility assessments, mental health assessments, preventive screenings, and health coaching
- **Gynecological, sexual, and reproductive health** like heavy bleeding, painful periods, vaginal infections, fibroids and endometriosis
- **Hormone and metabolic health** like irregular periods, sudden weight gain or loss, polycystic ovary syndrome (PCOS), and thyroid issues
- **Menopause and perimenopause** with hormonal, and non-hormonal treatment options

Visana delivers care that connects all the pieces of your health, providing you with:

A care team who listens: your concerns are valid and deserve to be heard — today. Get to the root cause of your symptoms with clinicians highly trained in women's health.

Comprehensive and compassionate virtual care: women's health care should recognize the full picture of your health, whether anxiety or arthritis. Our approach to treatment respects your individual journey.

Convenience: you don't have to travel hours or sit in traffic to get to a women's health expert. Access care wherever you are in days, not weeks.

Learn more or schedule an appointment at visanahealth.com/cigna or scan the QR code. Visana's virtual clinic is open Monday-Friday, 8am - 9pm ET and Saturday 8am - 2pm ET.



*Standard copays or coinsurance will apply.

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