

# WE WELCOME EVERY PERSON. AND EVERY PRONOUN.

## Cigna and the transgender community.



At Cigna, we understand the challenges that people face who are transgender or gender nonconforming. We know the importance of being treated with respect, addressed with the right pronouns and supported by people who care. That's why we have placed extra emphasis on training our teams and creating programs to meet your unique needs.

### These include:



**Health plan coverage:** Your health plan provides coverage for medically necessary treatment, which may include:<sup>1</sup>

- › Gender-affirming surgery<sup>2</sup>
- › Hormone therapy
- › Required lab testing
- › Behavioral counseling
- › Routine medical care



**Education:** We provide several public access online resources to help educate you, your family and your friends. At **Cigna.com**, type “transgender” in the search bar and you’ll find:

- › LGBTQ health and disparities
- › Current issues in transgender care
- › Gender identity and transgender concerns
- › Ways to talk with family members



**Navigation:** Our Advocates and Case Managers are experienced with gender transitioning and can help you navigate your health care plan in several ways.

- › Partner with you and your providers to help you make informed decisions
- › Help you to locate medical and behavioral professionals that are right for you
- › Offer education and support for you and your health care providers



**Support:** Cigna is here to help you work through any issues you may be facing, including:

- › Community resources
- › Referrals to network behavioral healthcare professionals with the training to help you on your journey

**Together, all the way.®**

