



Free to Me Benefits

We're thrilled to announce some fantastic updates regarding your benefits plan aimed at supporting both you and your families. Our goal is to offer accessible insurance and wellness resources that won't hurt your finances.

Here's a rundown of all the services available to you **completely free** when you're enrolled in our health, vision, dental, or life insurance plans. If you're unsure about how to make the most of these perks, feel free to reach out to our HR team.

We hope this helps you and your loved ones stay healthy and happy!

Free Service	What they do	How to access
	<p>Omada through Cigna offers free programs for employees to manage chronic conditions like diabetes, hypertension, and weight loss. These programs include virtual coaching, connected devices, and lifestyle support, fully covered under your Cigna plans.</p>	<p>Log in at omadahealth.com to see all of the unique benefits and free items you can receive from this program.</p>
	<p>Your health plan covers all preventive care procedures at no cost to you, including annual physicals, immunizations, mammograms, cancer screenings, and more.</p>	<p>Click here to view the full list of covered services covered for free by Cigna.</p>
	<p>Guardian provides preventative dental service at no cost for dental plan members and covered dependents. This includes two teeth cleanings per year, fluoride treatments, and x-rays.</p>	<p>To find a dentist that takes your network click here</p>
	<p>MDLIVE through Cigna offers free, 24/7 virtual care for minor illnesses, mental health, and routine medical needs. Employees can connect with board-certified doctors via phone or video at no cost under eligible plans.</p>	<p>Click here to register for MDLIVE – note that some services may be subject to copays as outlined in your benefit guide</p>



	<p>Cigna’s EAP provides free, 24/7 support for employees, including counseling sessions, legal and financial assistance, and work-life resources. Employees can access these services confidentially via phone, online, or in person, depending on their needs.</p>	<p>Click here to register for Cigna’s Employee Assistance program and view all free benefits.</p>
	<p>Long Term Disability enrollee’s have access to an additional EAP through the Standard. This program gives you access to 3 face-to-face and unlimited phone counseling sessions to protect you and your family’s mental health. You can use these sessions for anything including family and care giving, mental health and wellness, emotional well-being, daily living, and work-life balance</p>	<p>Call 888-293-6948 and dial 711 or visit Click here for instructions on how to activate this benefit.</p>
	<p>If an unexpected medical situation arises, a nurse can help you decide if you should call your doctor, visit the ER or urgent care, or treat the problem yourself. A nurse can also let you know if you can wait to see the doctor the next day. You can talk to a nurse in your own language about any health problem</p>	<p>Call 866-494-2111 toll free for 24/7 support</p>
	<p>The Cigna Healthy Babies Program supports you throughout your pregnancy with expert guidance, trusted resources, and personalized maternity care. Get answers to your questions, track your progress, and prepare for a healthy pregnancy and baby—all at no cost to you!</p>	<p>Call 800-615-2906 To enroll in the program and download the Healthy Babies app on the App Store</p>



The Veteran Healthcare Support Line is available 24/7/365 to assist veterans, their families, and caregivers—no need to be a VA customer. This free hotline connects you to resources for financial support, housing, legal assistance, mental health counseling, substance use help, child care, and more.

Call 855-244-6211 for support