Steps for the HMO search with the Chiro Rider sold:

1. Go to Cigna.com, click on Find a Doctor, Dentist or Facility
2. Under Not a Cigna Customer Yet? click on Plans through your employer or school
3. Enter desired zip code or city
4. Under Medical plan, pick the HMO/Network - CIGNA HealthCare of California, Inc. - So. CA HMO/Network option
5. Click Choose in the orange box
6. In the search box type in “chiro” and a box will pop up with options. Click the Chiropractor - California Self Referral option
7. You will then see the results pop up for your desired area. You can expand the search by using the filter keys on the top of the screen and widen the miles within your search.

See below for the results for the HMO search:

SELECT A PLAN FOR YOUR SEARCH
IF YOU ALREADY HAVE A CIGNA PLAN...
Log into your myCigna account to see the doctors covered by your plan and what you may pay for most common procedures.

IF YOU ARE LOOKING FOR A CIGNA PLAN...
Select a plan to see the health care professionals who accept it.

PLANS AVAILABLE IN YOUR SEARCHED LOCATION: COSTA MESA, CA 92626

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<tr>
<th>MEDICAL PLANS</th>
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<tr>
<td>○ Remind me later</td>
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<tr>
<td>○ Cigna HealthCare of California - Southern CA Open Access Network</td>
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<td>○ CIGNA HealthCare of California, Inc. - So. CA HMO/Network</td>
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<td>○ Southern CA Select (St. Joseph Hoag Health Select Plan, Scripps Select Plan, HealthCare Partners Select Plan)</td>
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<td>○ Southern CA Value</td>
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<th>DENTAL PLANS</th>
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<td>○ No Plan Selected</td>
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CHOOSE
Find Providers

SEARCH LOCATION:
Costa Mesa, CA 92628
Use my current location

SELECT A PLAN:
Medical, HMO/Network - Optima HealthCare of California
- Southern CA Open Access Network
- Dental No Plan Selected

Nearest Urgent Care
We have found Family Care Centers located 0.2 miles from your search area.

IMPORTANT NOTICES
Know before you go: Before you visit any provider or facility, we recommend contact for non-current patients.

Know before you go: The Chicago-based Cigna One Health plan will be available for 2023 in the Orange County, CA area. For more information, contact Customer Service at (800) 806-5942 to locate a participating provider.

POPULAR SEARCHES
Family Doctor
General Dentist
Hospitals
Labs
OB-GYN
Orthopedic Surgeon
Pediatrician (Child Doctor)
Pharmacies
Primary Care Provider (PCP)

YOUR CHOICES CAN IMPACT YOUR COSTS
National average costs for common procedures:
- Colonoscopy (non-preventive) $750 - $4,500
- Global Physician Care for Pregnancy & Vaginal Delivery $2,036 - $5,618
- Lower Back MRI (without dye) $241 - $2,820
- Mammogram (one breast) $190 - $480
- Skin Biopsy $170 - $530

Note: Costs can vary significantly depending on where you receive care. For example, a colonoscopy done at an outpatient surgical center can cost much less than if performed in a hospital. Log in to mycigna to view cost estimates.

FIND IMMEDIATE CARE
Is the Emergency Room (ER) your best option? You may find fast, convenient and affordable care locally or by phone or video.