The health information line is here for you 24/7

It can be a fever in the middle of the night or a question about a popular medication. Whether you’re looking for general information or have a specific health concern, the health information line is open 24 hours a day, seven days a week.

Dial 800.Cigna24 and you’ll be connected with a nurse who is ready to help answer your health questions.

And there’s more

You can also listen to hundreds of podcasts in English and Spanish on almost any health topic to be better informed about your health. To listen:

› Select a topic and listen via live stream. Visit myCigna.com for more information.

› Call the health information line, follow the voice prompts, enter a code for the audio library and you’ll be listening in seconds.