

# PRE-ASSIGNMENT ASSISTANCE

Be prepared before you leave.

## Great reasons to use Cigna's Pre-assignment Assistance Programme

### Have an easier and healthier transition.

You'll have access to tools that can help you identify medical problems before you leave for an international assignment. Learn about your new location and how to receive medical care while you're there.

### Be prepared.

Review a checklist of things you should do before leaving home. Learn what to expect in your new country.

### Learn about a country's health care.

Health care is not the same in all countries - it can vary greatly across the globe. You can learn more about your new location including how to access health care while you're there and how to obtain medications before or during your assignment.

### Get individualised advice.

No two people are alike. You'll get customised feedback based on your specific needs.

While not everyone will need to speak with a Cigna clinician, if we determine that you may benefit from an outreach, a clinician may contact you via email or phone.

### We'll help your family too.

Whether your family is coming with you or staying at home, your spouse and children can also participate in the Pre-assignment Assistance Programme.

### Any medical condition.

Persons with any medical condition may benefit from this programme. Even if you are doing well in your home country, medical care may be very different in a new location. Let Cigna assist you in making sure you are prepared. If you need medical care, it is best to be prepared.

### It only takes 10 or 15 minutes.

To access the pre-assignment assistance questionnaire, visit **CignaEnvoy.com** and select "I do not have a Cigna ID/Pre-assignment tools."

Living abroad is exciting, but health care systems are so different! I'm so glad we knew where and how to find a health care professional before we actually needed one.



## Pre-Assignment Assistance Programme



Take a few moments to learn how you can get started today.

### How to access the pre-assignment questionnaire.

1. Visit **CignaEnvoy.com** and select “I do not have a Cigna ID/Pre-assignment tools.” Log in with your client ID number and password below.

**Client ID:**\* **700969CAT**

**Password:**\* **CAT700969**

2. After you accept the terms of use,\*\* you will be taken to the pre-assignment assistance questionnaire.

3. When prompted, please enter your own personal and confidential login and password.
4. Please check the **yes** consent box at the end of the questionnaire so that you may receive information or outreach from a Cigna clinician or nurse.
5. While you're online, you can also click on our country guides and health care professional directory to learn more about the country you will be traveling to. You will find information on things like: **Local health care, required and recommended immunisations, crime rate, weather, currency, finding a good health care professional and more.**

\*Please Note: The client ID above only provides access to the Cigna Envoy site. You must create a unique username and password to complete the pre-assignment questionnaire.

\*\*Personal data is treated confidentially and securely. We do not share personal data with third parties or employers and we will not send you unsolicited marketing. For additional information regarding data privacy policies and fair processing notices please consult [www.CignaEnvoy.com](http://www.CignaEnvoy.com) or your employer's privacy office.

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