Go to [www.cigna.com](http://www.cigna.com)

Click “find a doctor” at the top of screen

Click the orange box “for plans offered through work or school”

Select desired tab “Doctor”, “Dentist” or “Hospital, Pharmacy or Facility”

Type in location (city, state or zip code)
Click “Pick” to select a plan

Click on either “medical plans” or “dental plans”

Select this option for the HMO Full Network Plan

Select this option for the HMO Select Network Plan

Select this option for the OAP Manage Choice Plan

Select this option for the DPPO Dental Plan

Select this option for the DHMO Dental Plan

After selecting your plan, click “choose”