

2025 Summary of Benefits

January I, 2025 - December 31, 2025

Cigna True Choice Courage Medicare (PPO) H7849-086

Freedom to choose your own doctor with no referrals required; your benefits travel with you to other Cigna Healthcare PPO networks across the country; medical coverage only plan

Service Area:

Bronx, Dutchess, Kings, Nassau, New York, Orange, Putnam, Queens, Richmond, Rockland, Suffolk, and Westchester counties, **NY**



Introduction

This Summary of Benefits gives you a summary of what **Cigna True Choice Courage Medicare (PPO)** covers and what you pay. It doesn't list every service that we cover or every limitation or exclusion. To get a complete list of services we cover, refer to the plan's *Evidence of Coverage* (EOC) online at **CignaMedicare.com**, or call us to request a copy.

To Join

To join this plan, you must be entitled to Medicare Part A, be enrolled in Medicare Part B, and live in our service area.

Comparing coverage

If you want to compare our plan with other Medicare health plans, ask the other plans for their *Summary of Benefits*. Or use the *Medicare Plan Finder* on **www.medicare.gov**.

More about Original Medicare

If you want to know more about the coverage and costs of Original Medicare, look in your current *Medicare & You* handbook.

View the handbook online at **www.medicare.gov/medicare-and-you**.

Get a copy of the handbook by calling I-800-MEDICARE (I-800-633-4227), 24 hours a day, 7 days a week. TTY users should call I-877-486-2048.

Need help?

Already a customer

Call toll-free **I-800-668-3813 (TTY 7II)**. Customer Service is available 8 a.m. to 8 p.m. local time: 7 days a week, October – March; and Monday – Friday, April – September. Our automated phone system may answer your call during weekends, holidays, and after hours.

Not a customer

Call toll-free **I-800-313-0973 (TTY 711)**. Licensed agents are available 8 a.m. to 8 p.m. local time: 7 days a week, October – March; and Monday – Friday, April – September. Our automated phone system may answer your call during weekends, holidays, and after hours.

You can also visit our website at **CignaMedicare.com**.

1 | About This Plan

Which doctors and hospitals can I use?

Cigna True Choice Courage Medicare (PPO) has a network of doctors, hospitals, and other providers. You may also choose to use providers that are out of network, usually for a higher copay or coinsurance.

> You can see our plan's *Provider Directory* on our website **CignaMedicare.com**.

What do we cover?

Like all Medicare health plans, we cover everything Original Medicare covers—and more.

- > Our customers get all the benefits covered by Original Medicare.
- Our customers also get more than what is covered by Original Medicare. Some of the extra benefits are outlined in this Summary of Benefits.

Cigna True Choice Courage Medicare (PPO) covers Part B drugs, including chemotherapy and some drugs administered by your provider; however, this plan does not cover Part D prescription drugs.

2 | Monthly Premium, Deductible, and Limits

Benefit	Cigna True Choice Courage Medicare (PPO)
Monthly Plan Premium	\$0 per month.
	In addition, you must keep paying your Medicare Part B premium.
	Cigna Healthcare will reduce your Medicare Part B premium by up to \$50 per month. You don't have to do anything to receive your Part B Premium Giveback benefit—just look for the savings in your monthly Social Security check or Part B statement. Keep in mind, the Social Security Administration (SSA) administers this benefit, so from the start of your plan, it may take several months before you see your Part B premium reduction. You will be reimbursed for any missed months.
Medical Deductible	\$500 Medicare Part A/B deductible
	The deductible applies to the following services both in network and out of network:
	 Cardiac & Intensive Cardiac Rehab Services Pulmonary Rehab Services
	 Supervised Exercise Therapy (SET) for Symptomatic PAD Services Partial Hospitalization
	> Occupational Therapy
	Physical Therapy & Speech/Language Therapy
	Opioid Treatment Program Services Diagnostic Proceedures (Tests
	 Diagnostic Procedures/Tests Diagnostic Radiological Services
	 Therapeutic Radiological Services
	Outpatient X-Ray Services
	> Outpatient Hospital Services
	> Observation Services
	> Ambulatory Surgical Center (ASC) Services
	Outpatient Substance Abuse - Individual & Group
	Ground & Air Ambulance Services Dialysis Services
	 Dialysis Services Medicare-covered Dental Services
	 Medicare-covered Eye Exams
	 Medicare-covered Eyewear
	> Medicare-covered Hearing Exams

Benefit	Cigna True Choice Courage Medicare (PPO)
	The deductible also applies to these services out of network:
	 Inpatient Hospital Acute Inpatient Hospital Psychiatric Skilled Nursing Facility (SNF) Home Health Primary Care Physician (PCP) Medicare-covered Chiropractic Physician Specialist Outpatient Mental Health - Individual & Group Medicare-covered Podiatry Other Healthcare Professional Outpatient Psychiatric – Individual & Group Lab Services Outpatient Blood Services Durable Medical Equipment (DME) Prosthetic Devices Medical Supplies Diabetic Supplies Diabetic Therapeutic Shoes/Inserts Kidney Disease Education Services Glaucoma Screening Diabetes Self-Management Training Barium Enemas Digital Rectal Exams EKG following Welcome Visit Medicare Part B Drugs
Maximum Out-of-Pocket Amount (does not include prescription drugs)	Your yearly out-of-pocket limit(s) in this plan: \$6,800 applies to in-network Medicare-covered benefits This limit is the most you pay for copays, coinsurance, and other costs for Medicare-covered services for the year. If you reach the limit on out-of-pocket costs, you will keep getting in-network Medicare-covered hospital and medical services, and we will pay
	the full cost for the rest of the year. \$10,000 applies to in-network and out-of-network Medicare- covered benefits combined
	If you reach the in-network and out-of-network combined limit on out-of-pocket costs, you will keep getting Medicare-covered hospital and medical services, and we will pay the full cost for the rest of the year.
	Please note that you will still need to pay your monthly premiums, if any.

3 | Covered Medical and Hospital Benefits

Benefit	What Y	′ou Pay
	In-Network	Out-of-Network
Note: Services with a ¹ may require prior aut Services with a ² may require a referre		
Inpatient Hospital Coverage ¹		
Except in an emergency, your doctor must tell the plan that you are going to be admitted to the hospital.	\$280 copay per day for days I-5	40% coinsurance per stay
For each Medicare-covered hospital stay, you are required to pay the applicable cost sharing, starting with Day I, each time you are admitted.	\$0 copay per day for days 6-90	

Benefit	What Y	′ou Pay	
	In-Network	Out-of-Network	
Outpatient Hospital Services			
Outpatient Hospital ^ı	\$0 copay for surgical procedures during a colorectal screening	40% coinsurance	
	\$350 copay for all other outpatient services		
Outpatient Observation ¹	\$350 copay per stay	40% coinsurance	
Ambulatory Surgical Center (ASC) Services	Ambulatory Surgical Center (ASC) Services		
ASC Services ¹	\$0 copay for surgical procedures during a colorectal screening	40% coinsurance	
	\$300 copay for all other outpatient services		
Doctor Visits			
Primary Care Provider (PCP)	\$0 copay for in-person or telehealth visits	\$35 copay for in-person or telehealth visits	
Specialists'	\$40 copay for in-person or telehealth visits	\$65 copay for in-person or telehealth visits	

Benefit	What You Pay	
	In-Network	Out-of-Network
Preventive Care		
 Our plan covers many Medicare-covered preventive services, including: Abdominal aortic aneurysm screening Alcohol misuse screenings and counseling Bone mass measurement Breast cancer screening (mammogram) Cardiovascular disease (behavioral therapy) Cardiovascular screenings Cervical and vaginal cancer screening Colorectal cancer screening (colonoscopy, fecal occult blood test, multi-target stool DNA tests, screening barium enemas, flexible sigmoidoscopy) Depression screenings Diabetes screenings Diabetes self-management training Glaucoma tests Hepatitis B Virus (HBV) infection screening HIV screening Lung cancer screening with low-dose computed tomography (LDCT) Medical nutrition therapy services Obesity screening and counseling Prostate cancer screenings (PSA) Sexually transmitted infections screening and counseling Smoking and tobacco use cessation counseling (counseling for people with no sign of tobacco-related disease) Vaccines, including COVID-19, flu/ influenza shots, hepatitis B shots, and pneumococcal shots Welcome to Medicare preventive visit (one time) Yearly Wellness visit 	\$0 copay Any additional preventive services approved by Medicare during the contract year will be covered. Please see your <i>EOC</i> for frequency of covered services.	\$35 copay Any additional preventive services approved by Medicare during the contract year will be covered. Please see your <i>EOC</i> for frequency of covered services.

Benefit	What You Pay	
	In-Network	Out-of-Network
Emergency Care		
Emergency Care Services	\$110 copay	Same as in-network
	If you are admitted to the hospital within 24 hours for the same condition, you do not have to pay your share of the cost for emergency care.	
Worldwide Emergency/Urgent	\$110 copay	Same as in-network
Coverage/Emergency Transportation	Maximum worldwide coverage amount \$50,000	
Urgently Needed Services		
Urgent Care Services	\$45 copay If you are admitted to the hospital within 24 hours for the same condition, you do not have to pay your share of the cost for urgent care.	Same as in-network
Diagnostic Services, Labs & Imaging Costs for these services may vary based on pl	ace of service or type of se	rvice.
Diagnostic Procedures & Tests ¹	\$0 copay for EKG	40% coinsurance
	\$40 copay for all other diagnostic procedures and tests	
Lab Services ¹	\$0 copay	40% coinsurance
Genetic Testing ¹	\$50 copay	40% coinsurance
Diagnostic Radiological Services (MRIs, CT scans, etc.) ¹	\$0-\$300 copay	40% coinsurance
Therapeutic Radiological Services ¹	20% coinsurance	40% coinsurance
X-ray Services	\$35 copay	40% coinsurance

Benefit	What You Pay	
	In-Network	Out-of-Network
Hearing Services		
Hearing Exams (Medicare-covered) Diagnostic hearing and balance evaluations performed by your provider to determine if you need medical treatment are covered as outpatient care when furnished by a physician, audiologist, or other qualified provider. A separate physician cost-share will apply if additional services requiring cost-sharing are rendered.	\$30 copay	50% coinsurance
Routine Hearing Exams	\$0 copay for I routine hearing exam every year	50% coinsurance for I routine hearing exam every year; visit limit combined with in-network
Hearing Aid Fitting/Evaluation	\$0 copay for I hearing aid fitting/evaluation every year	50% coinsurance for I hearing aid fitting/ evaluation every year; visit limit combined with in-network
Hearing Aids	\$399-\$1,800 copay per device, limited to 2 devices every year. Actual cost-share will depend on hearing aid selected. Customers are required to contact the Cigna Healthcare SM hearing vendor to access hearing aid benefits.	Combined with in-network Customers are required to contact the Cigna Healthcare sm hearing vendor to access hearing aid benefits.
Dental Services (Medicare-covered)		
Limited dental services (this does not include services in connection with care, treatment, filling, removal, or replacement of teeth)	\$40 copay	\$65 copay

Benefit	What You Pay	
	In-Network	Out-of-Network
Preventive and Comprehensive Dental Servio	ces	
Dental Allowance Helps pay for most preventive and comprehensive dental services with any licensed dentist who is not excluded by Medicare. Services obtained outside the Cigna Dental Allowance (DPPO) network will be covered at the out-of-network cost- share for each covered service up to the allowance amount. Benefit does not cover cosmetic services.	\$0 up to allowance amount	50% coinsurance up to allowance amount
In-network providers will will bill Cigna directly. Out-of-network providers may require payment at the time of service. To receive reimbursement, bring the Dental Reimbursement Claim Form with you to your appointment and ask your provider to help you fill it out.		
For more information about this benefit, see your Cigna Dental Allowance Guide online at cignamedicare.com/ dental-allowance-2025 , or call Dental Customer Service.		
Maximum Coverage Amount	\$2,100 combined allowance for preventive and comprehensive dental services every year.	Combined with in-network
Vision Services		
Eye Exams (Medicare-covered) A separate physician cost-share may apply if additional services requiring cost-sharing are rendered (e.g., but not limited to, if a medical eye condition is discovered during a preventive routine eye exam). A facility cost- share may apply for procedures performed at an outpatient surgical center.	 \$0 copay for Medicare- covered diabetic retinopathy screening \$40 copay for all other Medicare-covered vision services 	\$65 copay

Benefit	What You Pay	
	In-Network	Out-of-Network
Routine Eye Exam One routine eye exam (including eye refraction) per year. Eye refractions outside of the annual routine eye exam are not covered. Routine eye exams and eyewear services must be obtained from a provider in the Cigna Healthcare vision vendor's network to be covered.	\$0 copay for I routine eye exam every year	50% coinsurance for I routine eye exam every year; visit limit combined with in-network
Glaucoma Screening (Medicare-covered)	\$0 copay	\$0 copay
Eyewear (Medicare-covered)	\$0 copay	40% coinsurance
Routine Eyewear > Routine Eyewear	Not covered	Not covered
Mental Health Services		
Inpatient ^I Except in an emergency, your doctor must tell the plan that you are going to be admitted to the hospital. For each Medicare-covered hospital stay, you are required to pay the applicable cost sharing, starting with Day I, each time you are admitted.	\$300 copay per day for days I-5\$0 copay per day for days 6-90	40% coinsurance per stay
Outpatient Individual or Group Therapy Visit ^ı	\$0 copay	\$55 copay
Skilled Nursing Facility (SNF) ¹		1
Our plan covers up to 100 days per benefit period.	\$0 copay per day for days I-20 \$214 copay per day for days 2I-100	40% coinsurance per stay
Rehabilitation Services		
Cardiac (Heart) Rehab Services	\$30 copay	40% coinsurance
Intensive Cardiac (Heart) Rehab Services ¹	\$40 copay	40% coinsurance
Pulmonary Rehab Services	\$15 copay	40% coinsurance
Occupational Therapy Services	\$35 copay	\$60 copay
Physical Therapy & Speech/Language Therapy Services	\$35 copay	\$60 copay

Benefit	What You Pay	
	In-Network	Out-of-Network
Physical Therapy & Speech/Language Therapy Telehealth Services	\$0 copay	Same as in-network
Ambulance		
Ground Service (one-way trip)	\$270 copay	\$270 copay
Air Service (one-way trip)	20% coinsurance	20% coinsurance
Transportation		
Routine Transportation	Not covered	Not covered
Medicare Part B Drugs		
Medicare Part B Insulin Drugs	0%-20% coinsurance; up to a \$35 copay	40% coinsurance
Medicare Part B Chemotherapy/Radiation Drugs ¹	0%-20% coinsurance	40% coinsurance
Other Medicare Part B Drugs ¹	0%–20% coinsurance	40% coinsurance
Medicare-covered Part B Drugs may be subject to step therapy requirements.		
Acupuncture Services		
Acupuncture Services (Medicare-covered) ¹ Services for chronic lower back pain.	\$20 copay	\$65 copay
Chiropractic Care	'	'
Chiropractic Services (Medicare-covered) ¹	\$15 copay	50% coinsurance
Foot Care (Podiatry Services)	'	'
Podiatry Services (Medicare-covered)	\$40 copay	50% coinsurance
Routine Podiatry Services The plan includes routine visits to a licensed podiatrist. See your <i>EOC</i> for details related to this benefit.	\$35 copay per visit for 6 visits every year	50% coinsurance per visit; visit limit combined with in-network

Benefit	What You Pay	
	In-Network	Out-of-Network
Home Health Care ¹		
If you're eligible for home health care, covered services include:	\$0 copay	40% coinsurance
 > Part-time or intermittent skilled nursing and home health aide services > Physical therapy, occupational therapy, and speech therapy > Medical and social services > Medical equipment and supplies 		
Hospice		
Hospice care must be provided by a Medicare-certified hospice program.	\$0 copay	\$0 copay
Our plan covers hospice consultation services (one time only) before you select hospice. Hospice is covered outside of our plan. You may have to pay part of the cost for drugs and respite care. Please contact the plan for more details.		
Medical Equipment and Supplies		
Durable Medical Equipment (wheelchairs, oxygen, etc.) ¹	20% coinsurance	35% coinsurance
Prosthetic & Orthotic Devices (braces, artificial limbs, etc.) ¹	20% coinsurance	35% coinsurance
Medical Supplies ¹	20% coinsurance	35% coinsurance
Diabetic Services & Supplies	\$0 copay for diabetes	\$0 copay for diabetes
Brand limitations apply to certain supplies.	self-management training	self-management training
Blood sugar monitor/continuous glucose monitor (CGM) preferred brands include:	20% coinsurance for therapeutic shoes	40% coinsurance for therapeutic shoes
 > Abbott Diabetes Care: FreeStyle Lite, FreeStyle Freedom Lite, FreeStyle Precision Neo, FreeStyle Libre 2 (CGM), and FreeStyle Libre 14-Day (CGM) > Life Scan Diabetes Care: OneTouch Ultra 2, OneTouch Verio Flex, and OneTouch Verio Reflect 	or inserts ¹ \$0 copay for diabetic monitoring supplies ¹	or inserts 40% coinsurance for diabetic monitoring supplies
Dexcom: Dexcom G6 (CGM), Dexcom G7 (CGM)		

Benefit	What You Pay	
	In-Network	Out-of-Network
Opioid Treatment Services ¹		
FDA-approved treatment medications in addition to testing, counseling, and therapy.	\$40 copay	\$65 copay
Outpatient Substance Use Disorder Services		
Individual or Group Therapy Visit	\$40 copay	\$65 copay
MDLIVE Telehealth Services		
For non-emergency urgent care, including allergies, cough, headache, sore throat, and other minor illnesses, talk with an MDLIVE® telehealth provider via smart phone, computer, or tablet. This benefit also includes virtual mental health therapy and dermatology services.	\$0 copay for virtual non-emergency urgent care visits	\$35 copay for virtual non-emergency urgent care visits
	\$0 copay for virtual mental health therapy visits	\$55 copay for virtual mental health therapy visits
	\$40 copay for virtual dermatology care visits	\$65 copay for virtual dermatology care visits
		Telehealth services must be obtained from the Cigna Healthcare telehealth vendor.

Extra Benefits Included in Your Plan			
	In-Network	Out-of-Network	
Annual Physical Exam	\$0 copay	\$35 copay	
Cigna Healthy Today Card Use your preloaded Cigna Healthy Today [®] card for easy access to incentive rewards and select allowance benefits that may be part of your plan. Total incentive reward amounts depend on your plan and activities completed. Rewards cannot be used toward the purchase of tobacco, firearms, explosives, or other excluded products.	Based on your plan's allowance and frequency amounts, funds will be automatically added to your Cigna Healthy Today card. Any unused allowance balances do not carry over to the next quarter or the following plan year.	Combined with in-network	

Extra Benefits Included in Your Plan			
	In-Network	Out-of-Network	
Home-Delivered Meals Limited to 14 meals per discharge from a qualifying inpatient hospital or skilled nursing facility stay (up to 3 stays per year). End-stage renal disease (ESRD) care management is limited to 56 meals once per year.	\$0 copay for home-delivered meals	Combined with in-network	
Pet Care Allowance Pets, including service and emotional- support animals, can help keep us happy and healthy, but their care can be expensive. That's why the plan includes an allowance for pet supplies and veterinary visits and services. This Pet Care Allowance will be applied to your Cigna Healthy Today [®] card each quarter to pay for products and services at standalone pet stores and veterinary offices that accept Visa [®] payments. Any unused allowance balance does not carry over to the next quarter or the following plan year. This is a Special Supplemental Benefit for Chronically III (SSBCI) customers only. To be	\$75 allowance every 3 months for pet supplies and veterinary services. You are responsible for all costs over and above the allowance amount.	Combined with in-network	
eligible to receive this benefit, you must be diagnosed with post-traumatic stress disorder (PTSD), hearing loss, or vision loss. Other eligibility and coverage criteria may apply. Contact the plan for more information.			

Benefits, features, and/or devices vary by plan/service area. Limitations, copayments, exclusions, and restrictions may apply. Contact the plan for more information.

Benefits, premiums, and/or copayments/coinsurance may change on January I of each year. You must continue to pay your Medicare Part B premium. Individuals may enroll in a plan only during specific times of the year and must have Medicare Parts A and B.

Out-of-network/non-contracted providers are under no obligation to treat plan members except in emergency situations. Please call our Customer Service number or see your *Evidence of Coverage* for more information, including the cost-sharing that applies to out-of-network services.

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To file a marketing complaint, contact Cigna Healthcare at the Customer Service number below, or call **I-800-MEDICARE** (24 hours a day/7 days a week). Please include the agent/broker name if possible.

Subsidiaries of The Cigna Group contract with Medicare to offer Medicare Advantage HMO and PPO plans and Part D Prescription Drug Plans (PDPs) in select states and with select state Medicaid programs. Enrollment in a Cigna Healthcare product depends on contract renewal.

You must live in the plan's service area to enroll in a Cigna Healthcare Medicare Advantage plan. Prior authorization and/or referrals are required for certain services. This information is not a complete description of benefits.

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