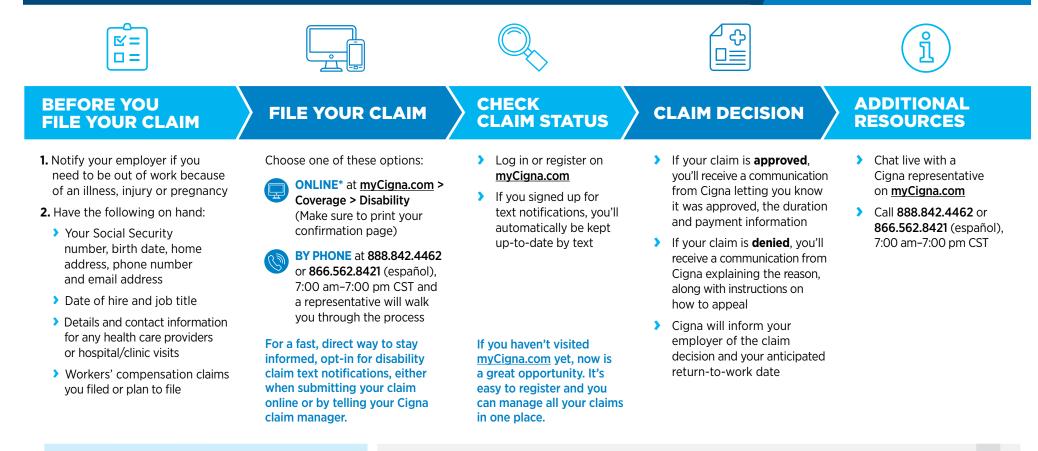
## SHORT-/LONG-TERM DISABILITY

## HOW TO FILE A CLAIM





While you're out on disability, keep your employer informed of your return-to-work plans. This is especially important if you need workplace accommodations.

## Save time and focus on your recovery

Authorize Cigna to contact your health care provider or employer for any information we may need related to your claim. To allow these permissions, simply click or answer "yes" online or on the phone at the end of your claim submission. Alternatively, you can call us after you submit your claim and a Cigna representative will assist you.

## Together, all the way."



\* Please note: You'll need Google Chrome or Internet Explorer 11.

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