

## ACCESSING YOUR BENEFITS ONLINE

Our benefits carriers offer information regarding claims, networks, health tips and other information online. Here's a brief look at what you can find at each of their websites:

CIGNA – [www.mycigna.com](http://www.mycigna.com)

- Manage and track claims
- Request new ID cards or print a temporary card
- Find doctors or facilities
- Find information on the “Healthy Rewards” Discount Program
- Tips on healthy living and more!

Delta Dental – [www.deltadentalnj.com](http://www.deltadentalnj.com)

- Manage and track claims
- Print a temporary ID card
- Find dentists
- Tips on oral health and more!

This is just a snippet of services available on these websites. For more information, please visit [mycigna.com](http://mycigna.com) and [deltadentalnj.com](http://deltadentalnj.com) directly!