



CIGNA'S MUSCULOSKELETAL (MSK) HEALTH PROGRAM

MOVE AND LIVE BETTER.

Call us for expert advice on aches and pains in your shoulders, knees, hips, or spine.

Pain and stiffness — especially in the hips, knees, shoulders, or spine — can make it difficult to enjoy an active lifestyle. Injury, disease, and aging can cause problems with our bones and muscles. Tendons and ligaments usually keep us moving, but they can stop us in our tracks when damaged.

If you have MSK pain or a limited range of motion, you're not alone.

MSK conditions are among the most common health issues, yet they are also among the most preventable. More good news? Many MSK conditions can be treated with non-surgical approaches.

Get expert guidance and connect with Cigna Select Providers.*

The Cigna MSK Health Program gives you a direct line to knowledgeable, caring staff who can answer questions and connect you with a Cigna Select Provider who specializes in MSK care. Cigna Select Providers offer high-quality, cost-effective care, along with privilege services** designed to make your experience easier and more efficient.

Cigna Select Providers:

- ✓ King's College Healthcare
- ✓ Zulekha Hospitals
- ✓ NMC Royal Hospital Sharjah
- ✓ Prime Healthcare Group

Please see [here](#) for more information on Cigna Select Providers.

Catching small problems early can help keep them from getting worse.

MSK conditions are often easier to treat in the early stages. Treatment can help prevent more severe issues and more expensive procedures. If you're experiencing any of these symptoms, reach out to us:

- ✓ Pain or stiffness in your shoulders, knees, hips, or spine
- ✓ Inflammation
- ✓ Fatigue or interrupted sleep due to pain
- ✓ Difficulty with standing, walking, reaching, or moving

We'll be there for you every step of the way.

Our clinical support services are available via our Case Management Program. This program links you up with a Cigna Nurse Case Manager to help support you throughout your medical care for MSK conditions, including pre- and post-surgical care and second medical opinions.

*Please note that a co-insurance may apply at select providers.

**Participating providers and privileges are subject to change and may vary based on the provider.

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