A PAIN-FREE ROUTE TO TREATMENT



Members experiencing painful bones, muscles or joints have the option to bypass their GP and self-refer for appropriate treatment.



Accessing medical advice and treatment quickly is essential - Cigna was the first healthcare provider to introduce a self-referral service in 2008.

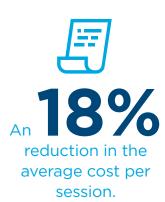


Members who self-refer for physiotherapy are directed to our preferred provider Nuffield Health and can arrange an appointment at a time and place convenient to them.

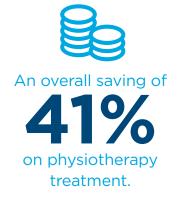


Our nurses provide support, advice and, where appropriate, fast track access to treatments such as physiotherapy, osteopathy and chiropractic.

With our physiotherapy self-referral pathway you can benefit from...







When compared to GP referral to high street physiotherapists

Our self-referral options are a key success factor in managing medical benefit costs.

Sources: Analysis of outpatient physiotherapy paid claims, 2014

