VISIT YOUR DOCTOR WITH PEACE OF MIND.

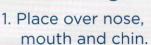## Use this complimentary face covering for your visits.

Now more than ever, it's important to take care of your health. Getting your recommended care and following safety guidelines helps protect you from illness, including COVID-19. That's why we've sent one complimentary face covering to help you get the care you need to get healthier — and stay healthier.

Remember:

› Get your yearly check-up and preventive screenings.

› Reschedule any cancelled health care appointments.

› Use your face covering when you go to your health care visits.

› Stay up-to-date on recommended safety guidelines at www.CDC.gov.

How to use your face covering:

1. Place over nose, mouth and chin.

2. Keep covering on when in public.

3. Remove by handling elastic. Don't touch your face. Wash hands for 20 seconds or apply hand sanitizer.

4. Machine-wash or soak in hot, soapy water.

5. Air-dry and repeat to re-use.

Together, all the way.®

Cigna®