



# INDIVIDUAL MEDICAL CONTINUATION

## Extend your cover with Cigna for an additional 6 months

### What is individual medical continuation?

- > National volunteers and their dependants have the option to extend their medical cover with Cigna for an additional 6 months.
- > The coverage plan and the premium amount remain unchanged.

### What are the conditions?

- > You can include your dependants who are already insured under the Group Insurance plan. (No new dependants can be added to your individual plan.)
- > The individual medical continuation lasts for 6 months. If, for any reason, you would like to cancel your insurance before the end of the 6 months, the premium will be reimbursed per full month.
- > The applicable premiums rate for the full 6 months is to be obtained from Cigna and paid up front.

### How can I apply?

- > You should inform Cigna 31 days before the end date of your coverage with Cigna if you wish to make use of this service. Please send your request to: [Clientservice1@cigna.com](mailto:Clientservice1@cigna.com).

### What are the next steps?

- > Cigna will process your request as soon as possible.
- > You will receive an email message with detailed information on your exact cover period and the premium amount that needs to be settled.
- > Finally, you will receive a confirmation of cover for you and your dependants.

### Whom should I contact?

- > If you have any additional questions regarding the conditions or the payment of the premium, please contact [Clientservice1@cigna.com](mailto:Clientservice1@cigna.com).
- > If you have any questions regarding the reimbursement of medical expenses, please contact [unv.nationals@cigna.com](mailto:unv.nationals@cigna.com).