We're on team you.

My Personal Champion gender affirmation support program.



At Cigna Healthcare℠, we believe everyone deserves to live their healthiest life.

Your gender affirmation journey is a personal one. And Cigna Healthcare is here to support, respect and help you at every step as you become your best self. The My Personal Champion® gender affirmation support program is part of that.

Direct access to your personal champion

You'll be assigned a Personal Champion and given access to their direct phone line. So every time you call, you'll speak with the same person who knows you, your history and your health needs.

Your Personal Champion is here to:

- Partner with you and your providers to help identify your best options so you can make the most informed decisions for yourself
- Help you understand your benefits and what's covered by your plan
- Connect you to the right care teams and resources based on your needs
- Coordinate care for pre- and/or post-surgery
- Put you in contact with in-network and experienced LGBTQ+-friendly providers
- Arrange transportation to and from appointments related to your procedure
- Locate community support and resource groups
- Provide social and medical transitioning support and more

Contact the gender affirmation support team to get connected with your Personal Champion today.

855.699.8990
Monday–Friday,
8:00 am–6:00 pm ET.

If calling after hours, please leave a message and a team member will get back to you soon.

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