Finding a Dentist in the DHMO*

Here are some quick instructions on looking up a dentist in the DHMO.

1. Go to www.cigna.com
2. Click on “Find a Doctor, Dentist or Facility”
3. Click “Employer or School”
4. Enter zip code and click “Doctor by Type”

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*DHMO: Dental Health Maintenance Organization
5. Select “General Dentist”

6. On the Login/Register pop-up, click “Continue as Guest”

7. Click “Continue”

8. Click “CIGNA Dental Care Access Plus”

Dentists in the network within 25 miles of your zip code will be displayed.