

How to Compare Health Insurance Networks and Confirm Whether Your Aetna Doctor Participates in Your Cigna Network

- **Step 1:** Visit the following website: <https://sarhcpdir.cigna.com/web/public/sarProviders>
- **Step 2:** Click on “Select a Plan” in the center of the page
- **Step 3:** Select “Medical Plans” under the drop down menu
- **Step 4:** Select which plan network of providers you want to search.

Effective January 2020, all Sarah Lawrence medical plans will utilize the same network of providers: Cigna’s PPO Network

- **Step 4:** Once your plan is selected, you can search (by typing into the search bar on the right side of the page) for doctors and hospitals by name or specialty.