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

1. Go to [www.cigna.com](http://www.cigna.com)
2. Click on “Find a Doctor, Dentist or Facility”
   - [Find a Doctor, Dentist or Facility](http://www.cigna.com)
3. Click “Employer or School”
4. Enter zip code and click “Doctor by Type”
   - [Find a Doctor, Dentist or Facility](http://www.cigna.com)

*DHMO: Dental Health Maintenance Organization*
5. Select “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.