

# Emotional health matters.

We're here to help you take care of it.



Life is full of ups and downs. But if feelings of sadness, worry or anxiety are becoming more frequent and making daily life hard, it might be time to get extra help. Your plan offers support for whatever challenge you're facing – 24/7/365.

## Where to get help

- Cigna Healthcare's national network of clinicians, counselors, psychologists and psychiatrists, including virtual providers
- Appointment availability in as little as two days<sup>1</sup>
- Live chat on **myCigna.com**
- Online therapy with a licensed therapist through Talkspace
- Behavioral health coaching through Headspace via text-based chat and self-guided learning activities<sup>2</sup>
- Coaching and support services provide dedicated support for a broad range of conditions, including autism, eating disorders, intensive behavioral case management, substance use, and opioid and pain management
- Centers of Excellence for Adult Mental Health, Child & Adolescent Mental Health, Eating Disorders and Substance Use<sup>3</sup>

## Programs that provide support<sup>4</sup>

- Three face-to-face visits with a licensed behavioral health provider in our employee assistance program (EAP) network at no additional cost. To get an EAP code, visit **myCigna.com** and chat with us online or select the link that displays with your online provider search.
- Unlimited telephone support and access to work-life resources
- Access to legal services, including a 30-minute consultation with a program attorney for legal issues, with 25% off select fees if the program attorney is retained
- Access to financial services, such as 25% off tax preparation and a 30-minute complimentary phone consultation with a financial specialist
- Access to IdentityForce, a comprehensive identity theft protection program at no additional cost<sup>5</sup>

All disclosures appear at the end of this document.

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## Resources ready whenever you are

### iPrevail

This digital therapeutics program was designed by experienced health care professionals to help you take control of stress. Interactive video lessons and one-on-one coaching can help with challenges including post-traumatic stress disorder (PTSD), caregiving, depression and anxiety.<sup>6</sup>

### Happify™

A self-directed program with science-based games and guided meditations, Happify was designed to help reduce stress and anxiety, increase confidence and boost overall health.<sup>6</sup>



**Get started or register at [myCigna.com](https://myCigna.com) today.**

Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.



1. Two-day appointments available through provider partners: Alma, Bicycle Health, Brightside, Headway, Meru Health, and Path.
2. Program services are provided by independent companies/entities and not by Cigna Healthcare. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.
3. The Cigna Healthcare Center of Excellence designation is a partial assessment of quality and cost-efficiency and should not be the only basis for decision-making (as such measures have a risk of error). Individuals are encouraged to consider all relevant factors and talk with their physician about selecting a health care facility. Quality designations and ratings found in Cigna Healthcare online provider directories are not a guarantee of the quality of care that will be provided to individual patients.
4. Employee assistance program services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Customers are required to pay the entire discounted charge for any discounted legal and/or financial services. Legal consultations related to employment matters are excluded. Additional restrictions may apply. Program availability may vary by plan type and location, and programs are not available where prohibited by law.
5. Program services are provided by independent companies/entities and not by Cigna Healthcare. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.

All health care providers and service providers are solely responsible for their care and/or services.

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