Finding mental health support can sometimes feel difficult.

With Cigna Total Behavioral Health®, you have easy-to-navigate access to support.



The help you need to feel better

Finding a path to feeling better mentally and emotionally can feel overwhelming. Even on the best days, taking that next step is difficult without special support. As a Cigna Healthcare® customer, you have access to so much to help you, including digital resources, aid with stress and anxiety, therapy, coaching and care for more complex behavioral health needs. Know that we are here for you 24/7 and you don't have to face things alone.

Behavioral care that meets you where you are

We have many convenient options to address your unique mental health needs — including face-to-face, phone and video appointments, as well as virtual providers[1] that use secure messaging. **You'll also get up to three visits with a licensed clinician in our employee assistance program network at no cost to you.**[2] We also make it easy to find care when you need it — including therapist matching, provider appointment searches, help with scheduling appointments and online scheduling options.

Unlimited real-time support

Get immediate care and support, 24/7/365. Our licensed clinicians provide consultations in the moment to help you with a care plan or to talk about what you're going through.

100% follow up

After you've engaged with our team, we'll check in with you to make sure your needs are being met. If you need additional support, we can help with that, too.

A special navigator to help and guide you

This is your single point of contact for whatever needs or concerns you have throughout your path to care.

Help finding the right therapist

Our provider matching considers factors like your age, your reason for seeking treatment, the type of treatment you're looking for, your preference for virtual vs. in-person care delivery options, and more.

myCigna.com® support

Answer a few questions to be guided to recommendations for support, to help you along your journey quickly and easily.

All sources and disclosures appear at the end of the document.

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Clinical behavioral support services

Our licensed behavioral clinicians provide dedicated support for a broad range of conditions, including:

- Autism spectrum disorder
- Eating disorders
- Substance use
- Opioid and pain management
- Intensive behavioral case management

We also provide support for teens, parents and families, which empowers individuals to be effective advocates for themselves and their family members.

The **Changing Lives by Integrating & Body®** (CLIMB®) program is for individuals struggling to cope with the mental and emotional aspects of chronic stress. CLIMB is an educational group coaching program where members learn skills to help them build resiliency.

Guidance for losing weight, quitting tobacco and reducing stress

Lifestyle management programs can help you reach your goals through phone support and online coaching.

Services to help manage life events

- Up to **three free sessions** with a licensed clinician[2] in our employee assistance program network
- Support for a range of topics, including: parenting, relationships, child care and adoption, pet care, education, identity theft support, legal and financial consultation services

Care for every step of your journey

Our team of licensed mental health clinicians ensure you and your family have the care you need for each stage of the journey, across all levels of care. For example, we can help with:

- Locating a health care professional or facility in our nationwide network, including Centers of Excellence (COEs) that have earned a top ranking for quality and cost-effective care in areas like adult mental health, child and adolescent mental health, eating disorder and substance use treatment[3]
- Finding community resources and programs
- Accessing other wellness and lifestyle programs available to you

Support for your everyday needs

Headspace for Cigna Healthcare[4] is your everyday mental health companion. Get access to science-backed guided meditation and mindfulness exercises, sleep support, focus music, stress programs and more. Expertly-designed to help you feel better in just a few minutes a day–all at no cost to you.

Get started with Headspace for Cigna Healthcare here.

To learn more, visit myCigna.com and click the Wellness tab, then select Mental Health Support. You can also chat with us 9am-8pm ET or call the toll-free number on your ID card 24/7.

1. Cigna Healthcare provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. Refer to plan documents for complete description of virtual care services and costs.
2. 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 are not available where prohibited by law.
3. The Cigna 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's online provider directories are not a guarantee of the quality of care that will be provided to individual patients. Providers are solely responsible for any treatment provided and are not agents of Cigna Healthcare.
4. 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. These programs do not provide medical advice and are not a substitute for proper medical care provided by a physician.

Information provided should not be used for self-diagnosis. Always consult with your physician for appropriate medical advice.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna Healthcare representative.

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