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

24/7 unlimited immediate clinical consultations, for any need big or small, lasting up to 30 minutes. Just call the number on the back of your ID card.

100% follow up to make sure your needs are met. After you've engaged with our team, we'll check in with you digitally to see if you need additional support.

Live chat on myCigna.com

Clinical support services provide dedicated assistance for a broad range of conditions, including autism, eating disorders, intensive behavioral case management, substance use, and opioid and pain management.

Programs that provide support

- Three face-to-face visits with a licensed behavioral health provider in our employee assistance program (EAP) network[1] 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.[2]
- Access to financial services, such as 25% off tax preparation and a 30-minute complimentary phone consultation with a financial specialist.[1]
- Access to IdentityForce, a comprehensive identity theft protection program at no additional cost.[3]

All disclosures appear at the end of this document.

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cigna healthcare

Our network makes it easy to find the care you need

- Access Cigna Healthcare's large national network of clinicians, counselors, psychologists and psychiatrists, including virtual providers
- Appointment availability in as little as two days[4]
- Online therapy with a licensed therapist through Talkspace[5]
- Behavioral health coaching through Headspace Care via text-based chat[5]
- Centers of Excellence for Adult Mental Health, Child & Adolescent Mental Health, Eating Disorders and Substance Use[6]

Resources ready whenever you are

- **Headspace for Cigna Healthcare**[5] has exclusive content for Cigna Healthcare members available at no additional cost.
- This guided self-care app for everyday mental health support is proven to reduce stress, improve sleep and overcome burnout. Get access to science-backed guided programs and collections for burnout, sleep, focus, meditations and more. The app is integrated into the myCigna ecosystem so if your symptoms become more serious, we'll quickly and easily steer you to care.

Get started or register at myCigna.com today.

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

1. 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.
2. Our legal services provide access to a nationwide network of participating law firms and attorneys, all in good standing with their local bar associations. Get an initial, no-cost consultation and a discount on legal fees for help with family law, real estate concerns, estate planning and more. Identity theft consultation services are also available. Legal consultations related to employment-related matters are not available under this program.
3. Identity Force program and services are provided by independent companies/entities and not by The Cigna Group or its operating subsidiaries. Program and services are subject to all applicable program terms and conditions. Program availability is subject to change. References to third-party organizations or companies, and/ or their products, processes or services, does not constitute an endorsement or warranty thereof. Your use of such products, processes or services are at your sole risk. Product may be updated or modified prior to availability. Product availability may vary by location and plan type and is subject to change.
4. Two-day appointments available through provider partners: Alma, Bicycle Health, Brightside, Headway, Meru Health, and Path.
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.
6. 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.

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

Providers are not agents of Cigna Healthcare. 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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