

# Make mental health top of mind

Help your employees get resources for their emotional well-being.



Today's go-go-go world can lead to emotional health challenges. Employees may not be getting the help they need for a variety of reasons – they may not know where to look, they may not know how to find the time or they may be concerned about what others will think. At Cigna, we understand that physical and mental health are connected. That's why Cigna includes broad coverage for mental health care and resources for emotional well-being in all of our standard plans.

## Employees need support now more than ever

- › **One in five adults** in the United States experiences mental illness in a given year.<sup>1</sup>
- › **80%** of those with depression report having difficulty with work, home or social activities.<sup>1</sup>
- › **Suicide is now one of the three leading causes of death** among those aged 15 to 44.<sup>2</sup>



## Network of behavioral health care providers and therapists

- › Clinically complete national network of clinicians – counselors, psychiatrists and psychologists.
- › Guaranteed first-time appointments in five business days and a callback within one business day through our Fast Access network.<sup>3</sup>
- › Centers of Excellence locations include 158 for Substance Use, 189 for Adult Mental Health, 123 for Child & Adolescent Mental Health, and 34 for Eating Disorders.<sup>4</sup>
- › Virtual counseling sessions available with over 50,000 clinicians.<sup>5</sup>
- › Online therapy with a licensed therapist through Talkspace, via private messaging or live video session.
- › No prior authorizations for routine counseling.
- › Specialty coaching and support programs for autism, eating disorders, substance use and more.
- › Live chat on **myCigna.com**.

Together, all the way.®



Offered by Cigna Health and Life Insurance Company or its affiliates.



## Employee assistance program is designed to promote general health and well-being<sup>7</sup>

- ▶ **Three face-to-face visits** with a licensed mental health provider in Cigna's employee assistance program (EAP) network.
- ▶ **Live chat** with an employee assistance program advocate.
- ▶ **Unlimited telephone support** and access to work-life resources.
- ▶ **Access to legal services**, including a 30-minute no-cost consultation with a program attorney for legal issues including civil, personal/family and Internal Revenue Service (IRS) 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 on debt counseling, budgeting, student loans and more.
- ▶ **Access to identity theft support**, including a 60-minute consultation with a fraud resolution specialist who can help with what actions to take to recover from identity theft and how to protect against future risks.

## Improved physical health can help improve mental health

**At Cigna, we understand that physical and emotional well-being are connected. That's why Cigna benefits and programs support your employees' whole health and the productivity of your workforce.**

- ▶ **24/7 telephone service** to connect your employees with live, responsive professionals who can answer questions.
- ▶ Personalized health information at **myCigna.com** and on the **myCigna® App**.
- ▶ **Annual wellness check-up** covered 100% in-network.
- ▶ **MotivateMe® incentive program** with turnkey, easy-to-use reward programs that promote healthy actions.<sup>8</sup>

**Contact your Cigna representative or broker for more information.**



1. Substance Abuse and Mental Health Services Administration. "Results from the 2017 National Survey on Drug Use and Health." September 2018.

2. CDC Online Newsroom. "Suicide rates rising across the U.S." <https://www.cdc.gov/media/releases/2018/p0607-suicide-prevention.html>. June 7, 2018.

3. Per our agreement with contracted providers. Within five business days for first time appointment with non-prescriber; 15 business days for prescriber.

4. Information based on Cigna data as of July 2020. Subject to change. 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's online provider directories are not a guarantee of the quality of care that will be provided to individual patients.

5. Cigna's virtual behavioral care network as of Sept. 2020. Subject to change. Not all providers have video chat capabilities, and video chat may not be available in all areas.

6. Program services are provided by independent companies/entities and not by Cigna. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.

7. Employee assistance program services are in addition to, not instead of, health plan benefits. These services are separate from 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.

8. MotivateMe must be purchased separately.

All health care providers and service providers are solely responsible for their care and/or services. Providers are not agents of Cigna.

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 representative.

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