

VIRTUAL SUPPORT FOR A HEALTHY MIND

Whenever and wherever you need it.

Whether you're struggling with anxiety or you simply need a boost for your mood, your Cigna plan offers convenient access to a variety of virtual care options that can help. Take a look.

	MDLive* Behavioral care via phone or video	Talkspace** Therapy via messaging or video calls	Ginger** All-in-one behavioral coaching and therapy	iPrevail** Behavioral coaching and online tools	Happify** Mood-boosting games and activities
Overview	Talk to a licensed MDLIVE behavioral provider – and even have a prescription sent directly to your local pharmacy, if appropriate Get support for: › Anxiety/stress › Depression › Grief/loss › Relationship issues › Panic disorders › Addictions › Trauma and more	Connect five days a week via live video sessions, private text, video, or voice messages, with a licensed behavioral therapist. Get support for: › Stress, depression and anxiety › Relationships › Healthy living and sleep › Post-traumatic stress disorder (PTSD), trauma and grief › Addiction and substance use › Eating disorders › Identity struggles › Chronic issues and more	Text with a behavioral health coach, day or night. Your coach can recommend a licensed therapist or psychiatrist, if needed. You can also access educational resources to build emotional well-being skills. Get support for: › Stress › Anxiety › Depression › Relationships › Sleep and more	Get coaching and learning tools tailored to your needs, created by health care professionals. Learn to: › Overcome feelings of anxiety and loneliness › Reduce negativity and feelings of depression › Decrease stress from relationships, work, school and daily life › Build resilience and positivity	Use science-based games and activities to help build emotional skills and keep your mind at its best. Learn to: › Defeat negative thoughts › Gain confidence › Reduce stress and anxiety › Increase mindfulness and emotional well-being › Boost health and performance
Cost	Covered at the same cost as an outpatient office visit to an in-network behavioral provider			Covered at no additional cost as part of your Cigna benefits	
How to connect	myCigna.com > "Talk to a doctor, counselor or nurse" > "Connect Now"	Talkspace.com/Cigna	Ginger.com/Cigna	iPrevail.com/Cigna	Cigna.Happify.com



Visit **myCigna.com** to learn more about all of the behavioral health resources available to you.

Together, all the way.®



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

* Available to customers and their covered family members who are 18+ years old. Cigna provides access to virtual care through participating in-network providers. Not all providers have virtual capabilities. Cigna also 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. All health care providers are solely responsible for the treatment provided to their patients; providers are not agents of Cigna. Refer to plan documents for complete description of virtual care services and costs.

** 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. 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.

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