



# Cigna Emotional Well-Being Virtual Support

The help you need is only a click or call away. Visit [myCigna.com](https://mycigna.com) and select “connect now” under “My Health Team” to learn more about available resources or to schedule an appointment. You may be asked to provide your Cigna ID#, identification and a credit card to cover the cost share. Your approval is required prior to processing any payment. Please call **800.244.6224 any time** for assistance.



Behavioral digital/virtual care with trained coaches, therapists and psychiatrists. Available 24/7/365

- Help with stress, sleeping issues, anxiety and depression
- Virtual video: Licensed Therapist and Psychiatrist
- Text coaching/therapy
- Nationwide coverage
- Behavioral Health coaching
- Age 18+
- Customer cost share applies



Virtually connect with a Licensed Therapist or Psychiatrist via live video and private texting.

- Help with anxiety, depression, stress, obsessive compulsive disorder, substance use and addiction
- Virtual video: Licensed Therapist and Psychiatrist
- Text coaching/therapy
- Nationwide coverage
- Age 13+
- Customer cost share applies



Virtual medical and behavioral health services with a Counselor or Psychiatrist for most non-emergency conditions and medically necessary prescriptions.

- Help with anxiety, depression, stress, obsessive compulsive disorder, substance use and addiction
- Virtual video: Licensed Therapist and Psychiatrist
- Nationwide coverage
- Age 10+
- Customer cost share applies



Live virtual therapy and digital tools, texting assigned Therapist between sessions. Most users have a significant reduction in symptoms in eight weeks.

- Help with obsessive compulsive disorder
- Virtual video: Licensed Therapist
- Text coaching/therapy
- Availability may be limited<sup>1</sup>; visit [myCigna](https://mycigna.com) for coverage areas
- Age 6+
- Customer cost share applies



12-week virtual counseling program. Live virtual counseling with a Licensed Therapist and private texting. Ongoing 9-month check-ins available as needed.

- Help with anxiety, depression and stress
- Virtual video: Licensed Therapist
- Text coaching/therapy
- Availability may be limited<sup>1</sup>; visit [myCigna](https://mycigna.com) for coverage areas
- Age 18+
- Customer cost share applies



Connect with a Licensed Therapist in person or through video.

- Help with anxiety, depression, stress, obsessive compulsive disorder, substance use and addiction
- Virtual video: Licensed Therapist
- Availability may be limited<sup>1</sup>; visit [myCigna](https://mycigna.com) for coverage areas
- All ages
- Customer cost share applies

Medication-assisted treatment for patients with Opioid Use Disorder, 1:1 support and weekly support group available.

- Help with substance use and addiction
- Virtual video: Licensed Therapist and Psychiatrist
- Text coaching/therapy
- Availability may be limited<sup>1</sup>; visit [myCigna](#) for coverage areas
- Age 18+
- Customer cost share applies

Certified Peer Recovery Support Specialists to help individuals achieve & sustain long-term recovery. 24/7 web-based and phone support available.

- Help with substance use and addiction
- Peer Support Specialists
- Availability may be limited<sup>1</sup>; visit [myCigna](#) for coverage areas
- Age 13+
- Customer cost share applies

Innovative treatment incorporating medication management, counseling, cognitive behavioral therapies, dietician, nutrition and peer/ family mentoring.

- Help with eating disorders
- Virtual video: Licensed Therapist and Psychiatrist
- Text coaching/therapy and Peer Support Specialists
- Availability may be limited<sup>1</sup>; visit [myCigna](#) for coverage areas
- Age 6+
- Customer cost share applies

**Questions? Connect with a Cigna One Guide<sup>®</sup> representative at 800.244.6224 or through online chat on [myCigna.com](#).**

## Quick Reference Guide

Behavioral Services	Ginger <sup>3</sup>	TalkSpace <sup>3</sup>	MDLive <sup>3</sup>	NOCD <sup>2</sup>	Meru Health <sup>2</sup>	Sondermind <sup>2</sup>	Kaden Health <sup>2</sup>	MAP <sup>2</sup>	Equip <sup>2</sup>
Customer cost share applies	▽	▽	▽	▽	▽	▽	▽	▽	▽
Virtual visit with Licensed Therapist	▽	▽	▽	▽	▽	▽	▽		▽
Virtual visit with Psychiatrist	▽	▽	▽				▽		▽
Substance/Addiction Services		▽	▽			▽	▽	▽	
Anxiety/Depression/Stress	▽	▽	▽		▽	▽			
Obsessive Compulsive Disorder		▽	▽	▽		▽			
Eating Disorder									▽
Text Coaching/Therapy Capabilities	▽	▽		▽	▽		▽		▽
24/7 Availability	▽							▽	
Peer Support Specialists								▽	▽
Behavioral Health Coaching	▽								

The cost for coaching or an appointment with a Therapist/Psychiatrist will be the same as an outpatient office visit to an in-network behavioral provider. Customer cost share will be administered in accordance with the customer's plan design. Customer specific cost share information is available on [myCigna.com](#). You may need to provide your credit card information. You will be informed prior to any charges being applied to your account and prompted for approval prior to any charge being processed.

1. Some providers may not be available in all states; visit [myCigna.com](#) for coverage area details. 2. A primary care provider referral is not required for this service. Providers are solely responsible for any treatment provided to patients. 3. Program services are provided by independent companies/entities and not by Cigna. Programs and services subject to all applicable program terms and conditions. Program availability subject to change. All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company and Cigna Behavioral Health, Inc.