

No-Cost Mental & Behavioral Health Benefits for Copay & Copay Plus Cigna Members

ACCESS NEW VIRTUAL BEHAVIORAL PROVIDERS

Your Cigna behavioral network has expanded to include new digital, virtual providers. Use your behavioral benefits to connect with licensed therapists, psychiatrists, and more for virtual care. To find out more information visit myCigna.com

No-Cost Behavioral Health Benefits

No-Cost mental health/behavioral health outpatient visits for Copay & Copay Plus members.*
No copay. No co-insurance. **No-Cost – actually means No-Cost.**

*Outpatient visits to in-network mental health/substance abuse providers (This includes individual, family and group therapy, psychotherapy, medication management and Behavioral Telehealth Consultation; which means **No-Cost** access to all programs listed below and on page 2.)

*Unlimited number of visits per year. Visit MyCigna.com to find a provider. Sondermind will help you find a provider who can see you within 7 days or less. Visit sondermind.com/coveredcare or call 844-888-9355.

Find a provider search assistance- 1-800-Cigna24

Cigna's personal advocates provide customers with behavioral health support by helping them to find a counselor, therapist or psychiatrist in our network, based on what they are looking for. Cigna's personal advocates can even initiate an appointment search on your behalf.

You can either call Cigna at 1-800-Cigna24 or follow the steps below to search for a fast access provider:

- **Log** into your myCigna Account
- **Click** Find Care & Costs
- **Click** Doctor by Type "Behavioral"
- **Select** what "type of experience" or skip
- **Click** Find a Behavioral Provider near me or Behavioral From Home
- Look for the Fast Access Designation

Talk
with us

Click to chat- Look for the click to chat function on myCigna on the bottom right hand corner of the page for immediate assistance in finding a behavioral provider appointment.



Provides short-term solution-focused counseling to state employees using a variety of evidence-informed modalities. Our clinicians are licensed by the State of Colorado or are graduate or doctoral students who are supervised by our licensed staff. Call **303-866-4314** or **1-800-821- 8154** for more information or to schedule an appointment with a counselor. [View information on how we are able to serve family members](#) of state employees. 6 sessions. Confidential. No Cost.



Connect with a licensed therapist or psychiatrist online, by video, or text using Talkspace, available for Cigna Behavioral customers, ages 13 and up. Visit talkspace.com/cigna to get started.

Meru Health

This 12-week virtual counseling program offers support for people suffering from depression, anxiety, or burnout. The program includes live virtual counseling and private texting with licensed therapists, as well as an online peer support community and other educational resources for ages 18 and above. Visit meruhealth.com/Cigna to get started.

MDLive MDLIVE

With behavioral/mental health virtual care, you get the care and attention you'd expect from an in-office visit, wherever and whenever is most convenient for you. Talk privately with a licensed counselor or psychiatrist via video or phone. Have a prescription sent directly to your local pharmacy, if appropriate. Visit myCigna.com, go to "Find Care & Costs" and enter "Virtual counselor" under Doctor by Type.

Ginger

Offering confidential mental healthcare through behavioral health coaching via text-based chats, self-guided learning activities and content, and, if needed, video-based therapy and psychiatry. All from the privacy of your smartphone. Visit ginger.com/Cigna to learn more.

Sondermind sondermind®

When you work with Sondermind you are matched based on specialty, availability, location and treatment approaches. Visit sondermind.com/coveredcare or call 844-888-9355

iPrevail OFFERED THROUGH Cigna.

On-demand coaching, personalized learning and caregiver support. Complete an assessment, receive a program tailored to your needs, and get connected to a peer coach. This program is at **No-Cost** to all Cigna members. Visit iprevail.com/Cigna to get started.

Happify OFFERED THROUGH Cigna.

A self-directed program with activities, science-based games and guided meditations, designed to help reduce anxiety, stress and boost overall health. This program is at **No-Cost** to all Cigna members. Sign up happify.com/Cigna

DON'T FORGET YOU CAN EARN POINTS ON MOTIVATEME

Visit myCigna.com and go to the Wellness Tab for a current list of goals

- Make an appointment with a behavioral specialist, counselor, or therapist through your EAP or medical plan and earn 80 pts.
- Lower your stress levels and raise your happiness levels by creating a personal stress management plan with a health coach and earn 40pts.