Access Your No-Cost Counseling Sessions Through Cigna

HDHP members get three No-Cost visits (per issue) to select providers. Go to MyCigna.com (see steps below) to set an appointment/get a code. After the three visits (per issue) the plan pays 75% after you hit your deductible. Happify and iPrevail services are No-Cost to all Cigna members, including those on a HDHP.

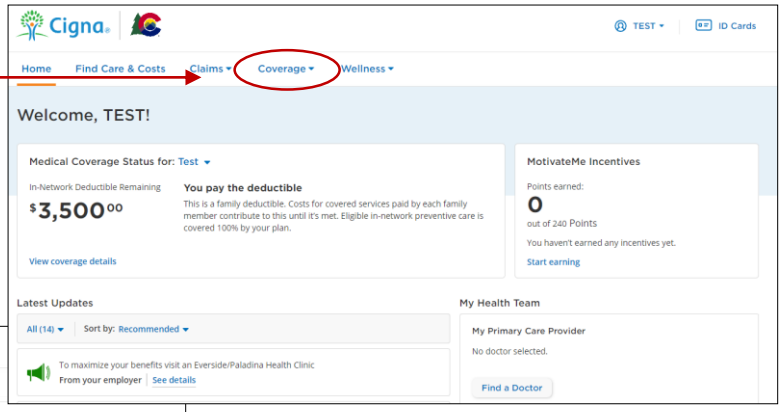
Cigna's personal advocates provide customers with behavioral health support by helping them find a counselor, therapist or psychiatrist in our network, based on what they are looking for. Cigna's personal advocates can even initiate an appointment search on your behalf.

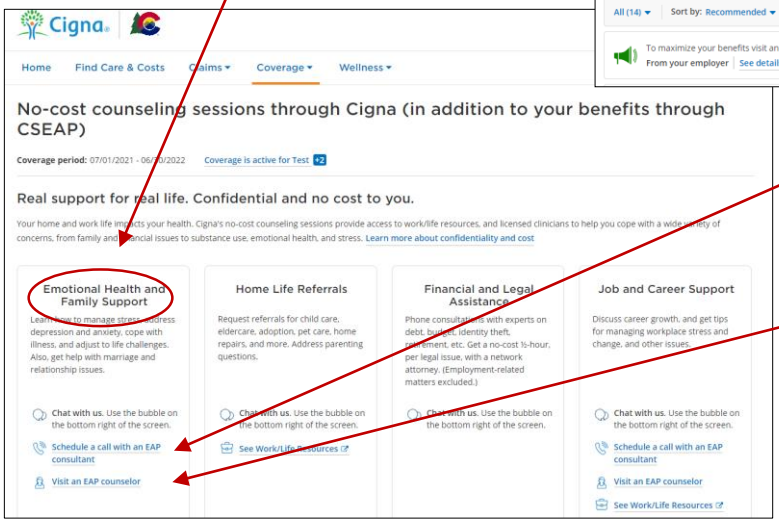
>Sign into MyCigna.com

>Go to the **Coverage** tab

>On the drop down select **No-Cost Counseling Sessions**

>Look for **Emotional Health and Family Support**





If you select **Schedule a call with an EAP Consultant** – It will direct you to fill out some additional information.

If you want to visit an in-person or virtual behavioral counselor select **Visit an EAP Counselor**.

You can then search for a provider and access the EAP Code you will have to give to the provider you choose.

Talk with us

Click to chat- Look for the click to chat function on myCigna.com on the bottom right hand corner of the page for immediate assistance in finding a behavioral provider appointment. **Find a provider search assistance- 1-800-Cigna24**

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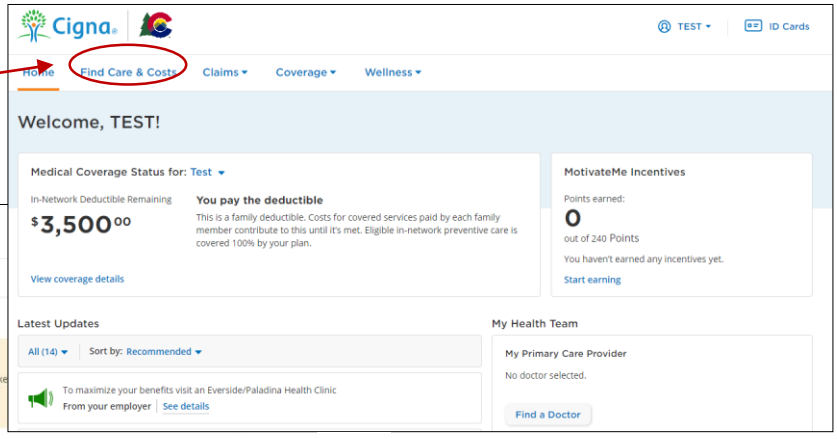
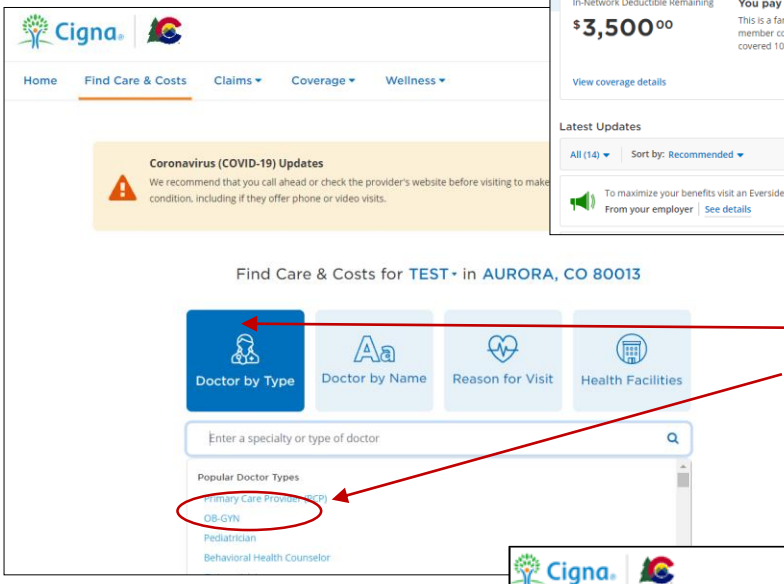
Access Your Mental & Behavioral Health Providers for HDHP Benefits

HDHP members get three No-Cost visits (per issue) to select providers. Go to MyCigna.com (see steps below) to set an appointment/get a code. After the three visits (per issue) the plan pays 75% after you hit your deductible. Happify and iPrevail services are No-Cost to all Cigna members, including those on a HDHP.

>Sign into MyCigna.com

>Go to the **Find Care & Costs** tab

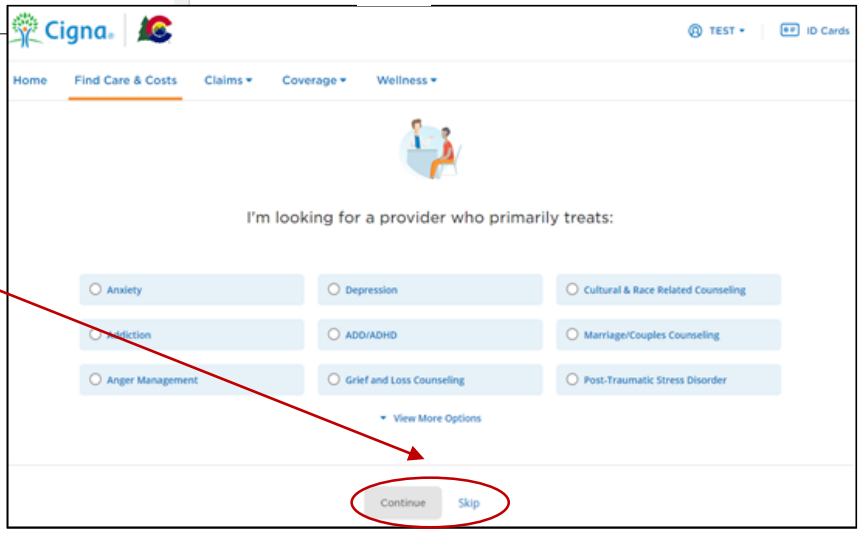




>Search for **Doctor by Type**

>Select **Behavioral Health Counselor**

>You can select a specialty (you don't have to) then Select **Continue** or **Skip**



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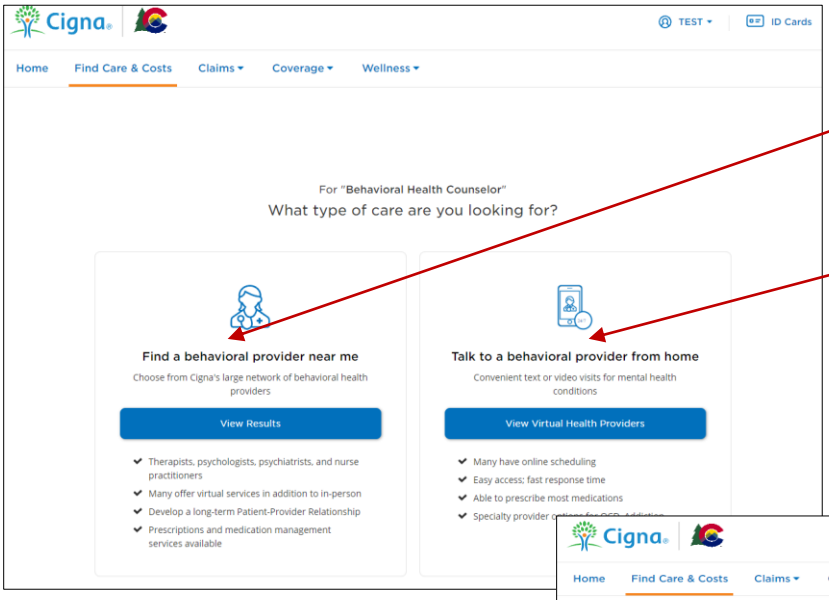
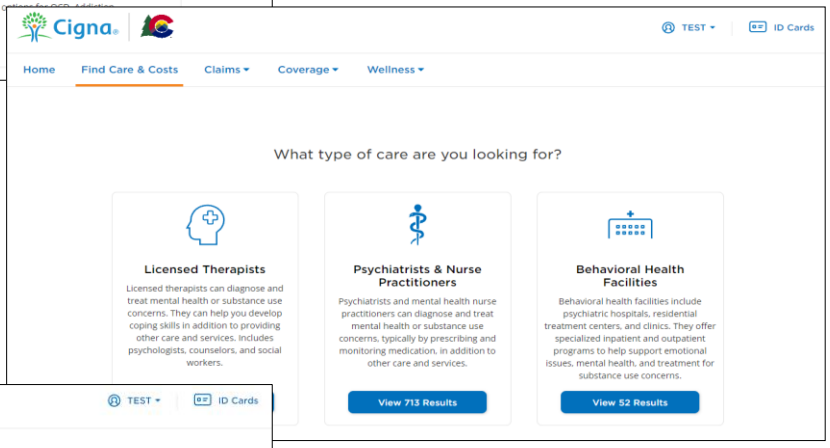


> Select the option

Behavioral Provider Near Me for In-Person

or

Talk to a Behavioral Provider From Home for Virtual Behavioral Care

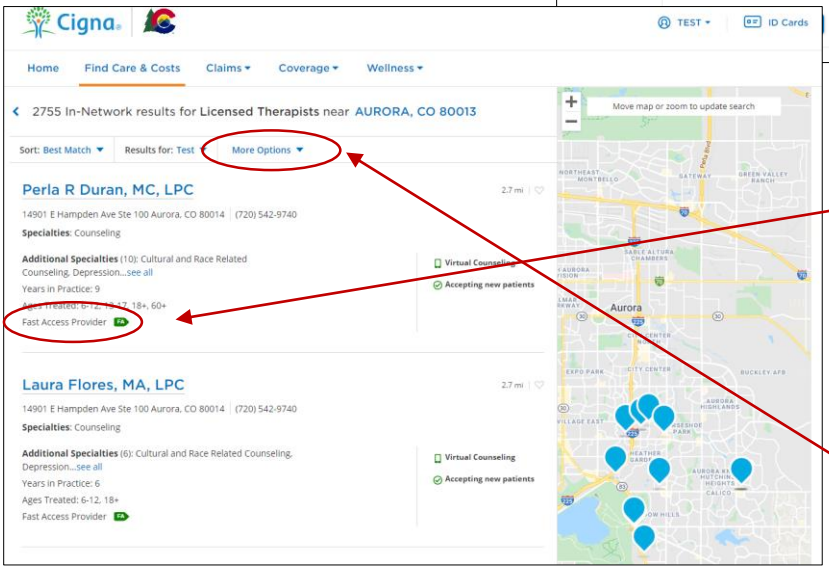


> Select the **Type Of Care**

Licensed Therapists

Psychiatrists & Nurse Practitioners

Behavioral Health Facilities



Fast Access Providers will appear at the top of the search results – these providers guarantee 5 business days for a therapy appointments and 15 business days for a prescriber appointment.

You can select **More Options** to filter additional details about the provider.

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