

# Access Your No-Cost Mental & Behavioral Health Providers

## 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 behavioral programs offered by Cigna.)

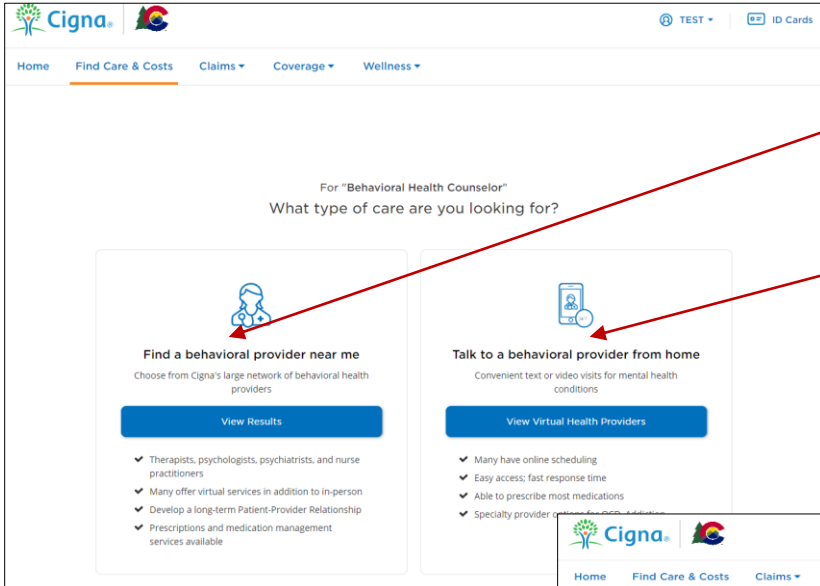
>Sign into MyCigna.com

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

>Search for **Doctor by Type**

>Select **Behavioral Health Counselor**

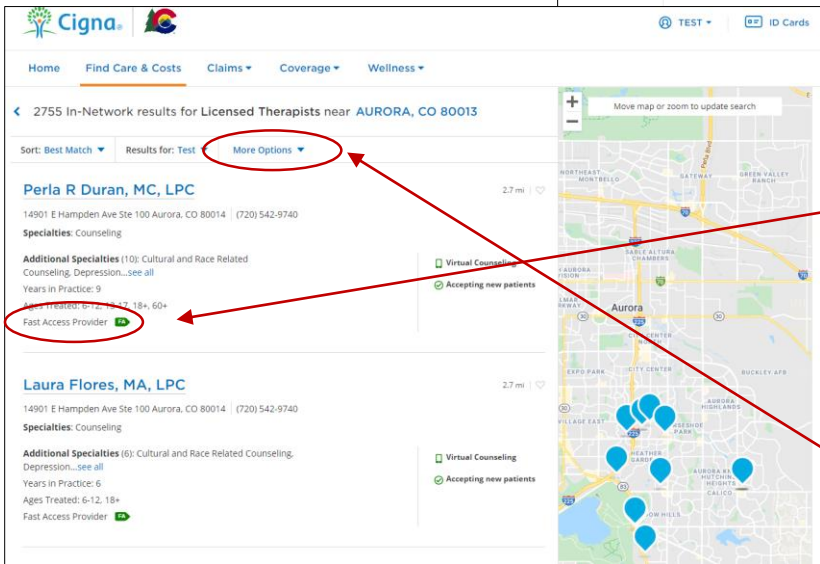
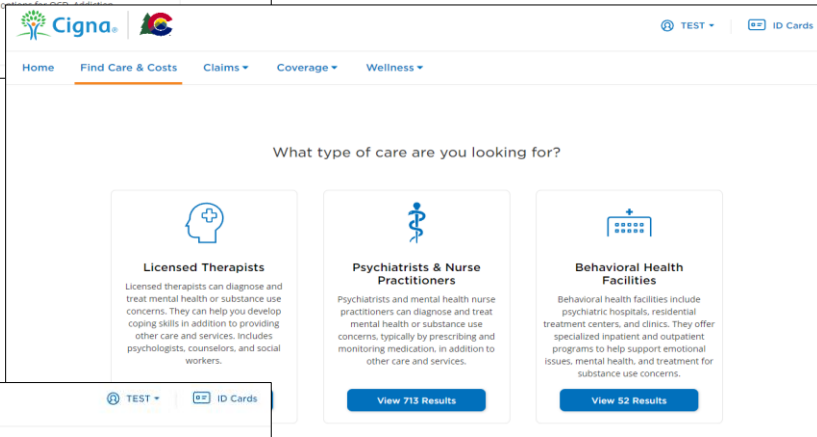
>You can select a specialty (you don't have to) then Select **Continue** or **Skip**



> 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.



**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**

