

Mental & Behavioral Health Benefits for HDHP 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 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.

Steps to Access No-cost Counseling Sessions link on myCigna.com

1. Visit myCigna.com and login to your account
2. Navigate to the Coverage tab and select No-Cost Counseling Sessions
3. Select "Schedule a Call with an EAP consultant (virtual)" or "Visit an EAP counselor (in-person)" to schedule 3 free visits per issue.
4. Select the hyperlink "Get an EAP code" – you will need this code to give to your in-network provider to access the 3 visits at no cost.



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



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.



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

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TalkSpace

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

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.