

# Mental & Behavioral Health Benefits for 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](https://myCigna.com)

### 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](https://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](https://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](https://myCigna.com), go to "Find Care & Costs" and enter "Virtual counselor" under Doctor by Type.

### Ginger *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](https://ginger.com/cigna) to learn more.

### 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. Visit [myCigna.com](https://myCigna.com) to get started

### Happify *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. Sign up [happify.com/Cigna](https://happify.com/Cigna)



When you work with Sondermind you are matched based on specialty, availability, location and treatment approaches. Visit **myCigna.com**, go to “Find Care & Costs” function. Simply type Sondermind under the Doctor Search tab.



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.

### No-cost counseling sessions through Cigna

Your home and work life impacts your health. Cigna's no-cost counseling sessions provide access to work/life resources, and licensed clinicians to help you cope with a wide variety of concerns, from family and financial issues to substance use, emotional health, and stress. Visit **myCigna.com** to get connected today!

Coplay Basic & Plus						
	Inpatient		Outpatient- Physician's Office		Outpatient- All Other Services	
Benefit	In-Network	Out-of-Network	In- Network	Out-of-Network	In-Network	Out-of-Network
Mental Health	Plan pays 80% ^	Plan pays 50% ^	Plan pays 100%	Plan pays 50% ^	Plan pays 80% ^	Plan pays 50% ^
Substance Use Disorder	Plan pays 80% ^	Plan pays 50% ^	Plan pays 100%	Plan pays 50% ^	Plan pays 80% ^	Plan pays 50% ^
HSA Qualified High Deductible						
	Inpatient		Outpatient- Physician's Office		Outpatient- All Other Services	
Benefit	In-Network	Out-of-Network	In- Network	Out-of-Network	In-Network	Out-of-Network
Mental Health	Plan pays 75% ^	Plan pays 50% ^	Plan pays 75% ^	Plan pays 50% ^	Plan pays 75% ^	Plan pays 50% ^
Substance Use Disorder	Plan pays 75% ^	Plan pays 50% ^	Plan pays 75% ^	Plan pays 50% ^	Plan pays 75% ^	Plan pays 50% ^

**Note:** Services where plan deductible applies are noted with a caret (^)

**Notes:**

- Unlimited maximum per Contract Year
- Services are paid at 100% after you reach your out-of-pocket maximum.
- Inpatient includes Acute Inpatient and Residential Treatment.
- Outpatient- Physicians Office- includes individual, family and group therapy, psychotherapy, medication management and Behavioral Telehealth Consultation, ect. (TalkSpace & Meru Health, Ginger)
- Outpatient- All Other Services- includes Partial Hospitalization, Intensive Outpatient Services and Applied Behavior Analysis (ABA Therapy), ect.

### DON'T FORGET YOU CAN EARN POINTS ON MOTIVATEME

<https://my.cigna.com/web/secure/hw/hub/incentives?requestedPage=newincentives#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.

