

# YOU'RE NOT ALONE.

Connecting you to resources for emotional health and well-being.

Your life is busy. Sometimes it's hard to know if what you are experiencing is depression or sadness, worry or anxiety. When these feelings become excessive, ongoing or interfere with your daily life, it's time to seek the help you need.

Our comprehensive support includes coverage for your emotional health, as well as tools and programs to support your general health and well-being. All of this is available to you as a Cigna health plan customer. We help you take control of your health – body and mind – whenever you need it, 24/7.

## A network of health care providers

- › National network of clinicians – counselors, psychologists and psychiatrists
- › Live chat on **myCigna.com**
- › 300+ substance use Centers of Excellence locations<sup>1</sup>
- › Virtual counseling sessions with more than 14,000 clinicians available<sup>2</sup>
- › Support programs for autism, eating disorders, substance use and more

## Self-service digital tools and resources

- › A digital therapeutics program designed by experienced health care professionals to help you take control of the stresses of everyday life. It's loaded with interactive video lessons and one-on-one coaching to help with depression and anxiety.<sup>3</sup>
- › A self-directed program with activities, science-based games and guided meditations, designed to help reduce stress and anxiety, gain confidence, defeat negative thoughts and boost overall health.<sup>3</sup>

Together, all the way.®

## Programs to help manage life events<sup>4</sup>

- › Three face-to-face visits with a licensed behavioral health provider in Cigna's employee assistance program network
- › Live chat with an employee assistance program advocate
- › Unlimited telephone counseling and access to work-life resources
- › Access to legal services, including a 30-minute consultation with a network attorney for legal issues including civil, personal/family, and Internal Revenue Service (IRS) with a 25% discount off select fees if the network attorney is retained
- › Access to financial services such as 25% off tax preparation, and a 30-minute complimentary phone consultation with a financial specialist on debt counseling, student loans and more



## Access these resources

- › Call 24/7 live assistance at **877.231.1492** or the number on your ID card
- › Visit **myCigna.com**



Offered by: Cigna Health and Life Insurance Company or its affiliates.



## Already registered on myCigna?

1. Log in to myCigna.
2. Go to “Coverage.”
3. Click on “Employee Assistance Program” (EAP).
4. Find all your resources on the EAP page. To find a licensed therapist, go to the “Find Care & Costs tab.” Search for the doctor by type.

## Not yet registered on myCigna?

Follow these simple instructions to create your myCigna® account.

1. Type **myCigna.com** into your browser.
2. You'll see “Customer Login” at the top and the register button. Click the register button at the bottom.
3. Enter your personal details: First name, last name, date of birth, email address, name of city, state and ZIP code.
4. Click “Next” to confirm your ID.
5. Create a username and password to use for this account.
6. After completing the form, review your information then click on “Submit.”



1. Information based on Cigna data as of May 2019. Subject to change.
2. Cigna's virtual behavioral care network as of May 2019. Subject to change. Not all providers have video chat capabilities and video chat may not be available in all areas. A Primary Care Provider referral is not required. See your plan materials for costs and details of coverage, including other virtual care benefits that may be available under your specific health plan.
3. Program services are provided by independent companies/entities and not by Cigna. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.
4. Employee assistance program services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Customers are required to pay the entire discounted charge for any discounted legal and/or financial services. Legal consultations related to employment matters are excluded. Additional restrictions may apply. Program availability may vary by plan type and location, and are not available where prohibited by law.

All health care providers and service providers are solely responsible for their care and/or services. Providers are not agents of Cigna. Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna representative.

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