Virtual behavior health support is here, when and how you need it.

Get help in the way that works best for you.

Whatever you’re dealing with, Cigna has resources to help.

We all struggle at times. No matter what’s troubling you, Cigna has easy-to-access virtual resources to support you and your family on your journey to emotional well-being. And with multiple ways to get help, you can choose the care that best fits your needs and schedule.

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Cigna provides access to virtual care through national telehealth providers as part of your plan. This service is available to Cigna medical plan members and subject to plan deductible and coinsurance. 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. The downloading and use of mobile apps are subject to terms and conditions, and standard mobile phone and data usage charges apply. Programs and services provided should not be used for self-diagnosis. Always consult with your provider for appropriate medical advice.

Have questions or need help choosing the support that’s right for you? Call Cigna anytime at 800.Cigna24 (800.244.6224).

1. Ginger provides access to virtual care through validated independent providers as part of your plan. Fees vary by carrier and plan. Please contact your carrier for more information.

2. Talkspace provides access to virtual care through validated independent providers as part of your plan. Fees vary by carrier and plan. Please contact your carrier for more information.

3. iPrevail provides access to virtual care through validated independent providers as part of your plan. Fees vary by carrier and plan. Please contact your carrier for more information.

4. Happify provides access to virtual care through validated independent providers as part of your plan. Fees vary by carrier and plan. Please contact your carrier for more information.

How to access these behavioral health resources:
Visit myCigna.com > Talk to a Doctor > Counseling

Traditional care via video or phone
Talk to a licensed behavioral health provider in your network, which may include MDLIVE providers too. You can even have a prescription sent directly to your local pharmacy, if appropriate. Appointments can be made online in minutes.

Therapy via private text, video or voice message
Connect with a licensed therapist five days a week through a secure app. The Talkspace network includes thousands of therapists across all 50 states.

All-in-one coaching and therapy
Connect within minutes to a behavioral health coach who can help with wellness goals too. You can also be referred to a therapist or psychiatrist, and access podcasts, classes, activities, articles and more.

On-demand coaching and online tools
Get personalized coaching and learning tools to help build resilience and positivity. Join support communities that are focused on stress, anxiety, depression and more.

Mood-boosting games and activities
Use these self-directed, science-based games and activities to help build emotional skills and a healthy mind. Answer a few simple questions to determine which games and activities suit you best.

Behavioral virtual care

How to connect: Go to myCigna.com.

Cost: Covered at the same cost as an outpatient office visit to an in-network behavioral health provider, as defined by your health plan.

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