



BEHAVIORAL HEALTH SUPPORT



Behavioral Health Services and Resources



Cigna has partnered with Talkspace to offer you access to Talkspace online therapy.

Talkspace is an online therapy platform that makes it easy and convenient for you to connect with a licensed behavioral therapist from anywhere, at any time.

- Message with your therapist - on your schedule: Send unlimited text, video, and voice messages to your therapist, whenever it works best for you. Your therapist will check in daily, 5 days per week.
- Remember that you'll always connect with the same therapist, unless you request to switch.
- Visit talkspace.com/cigna and enter your registration details.



iPrevail is a digital therapeutics platform, designed by experienced clinicians to help you take control of the stresses of everyday life and challenges associated with life's difficult transitions.

- Start by signing up for iPrevail on myCigna.com. After completing a short quiz, you will be matched with a personalized support program.
- Each week you will cover a new concept, with new social and clinical activities. You can send messages to our coach and others, day or
- night, 24/7.



Cigna has partnered with Ginger to offer you access to behavioral health coaching and online therapy.

Ginger offers 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. 24/7 Support is available anytime, anywhere for a variety of mental health challenges you may be struggling with—all from the privacy of your smartphone.

- Visit ginger.com/cigna to learn more.



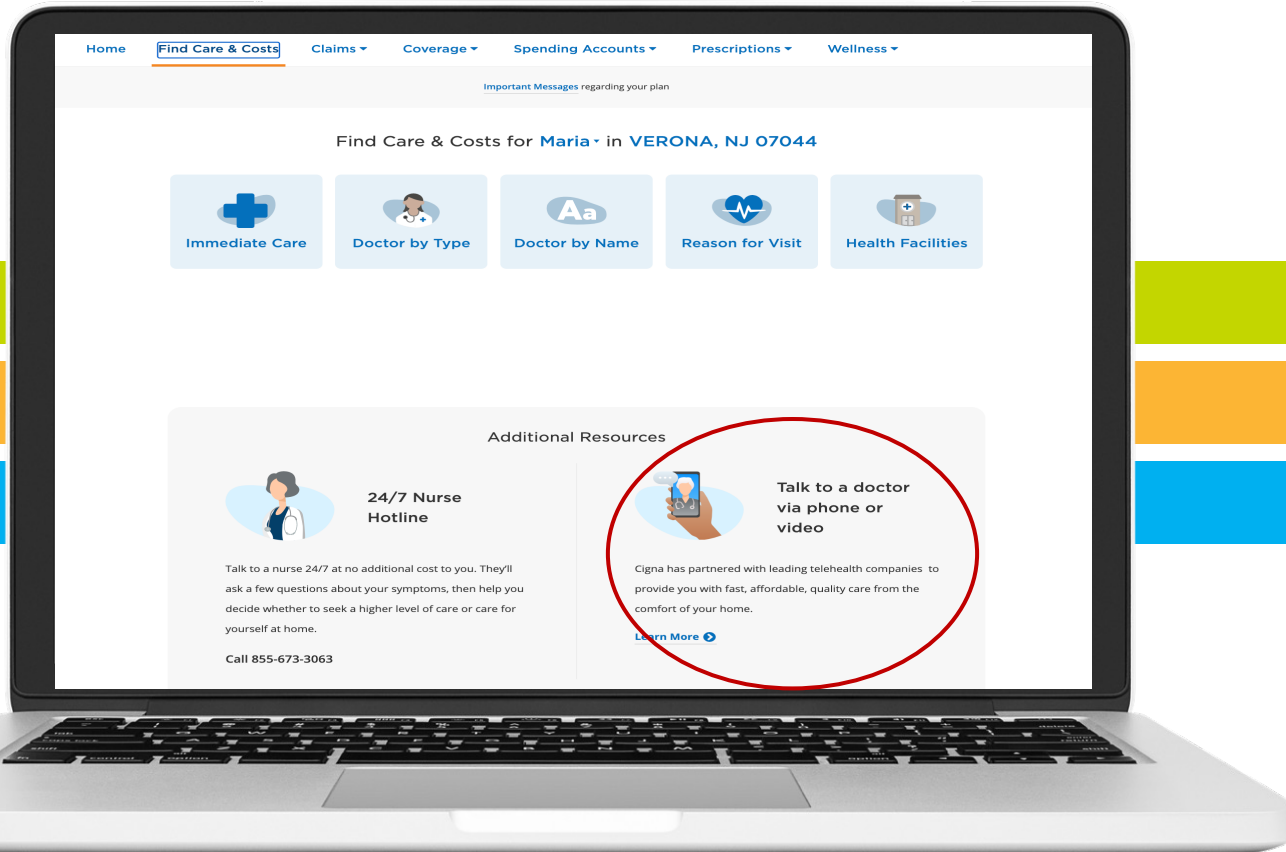
At Cigna, we're committed to helping you take control of your health – and that includes your emotional health.

That's why we're partnering with Happify, a free app with science-based games and activities that are designed to help you:

- Defeat negative thoughts
- Gain confidence
- Reduce stress and anxiety
- Increase mindfulness and emotional well-being
- Boost health and performance



MyCigna.com -> Find Care & Costs -> Talk to a Doctor

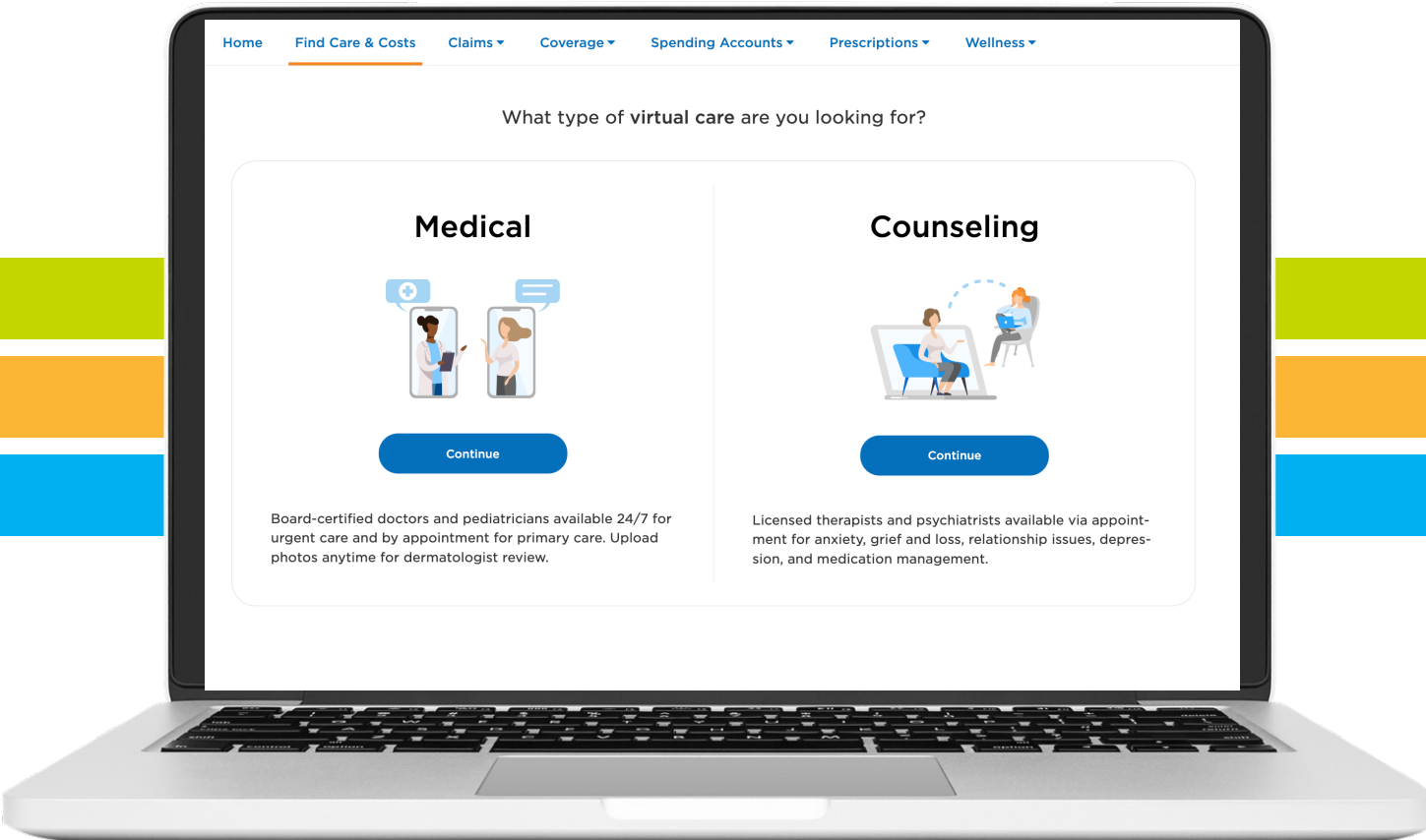


All examples are for illustrative purposes only.

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Select Counseling



Board-certified doctors and pediatricians available 24/7 for urgent care and by appointment for primary care. Upload photos anytime for dermatologist review.

Licensed therapists and psychiatrists available via appointment for anxiety, grief and loss, relationship issues, depression, and medication management.

Find the appropriate provider



I'm looking for a provider who primarily treats:

Anxiety

Depression

Cultural & Race Related Counseling

Addiction

ADD/ADHD

Marriage/Couples Counseling

Anger Management

Grief and Loss Counseling

Post-Traumatic Stress Disorder

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