



Cigna Healthcare offers an array of virtual behavioral and mental health programs within your medical network. Challenges to mental well-being come in many forms; through Cigna you have access to a variety of behavioral support tools and services to help ensure you get the support that works best for you.

Cigna Program	Description	Contact
Alma	Find high quality, in-network mental health care. Alma connects you with a diverse national network of therapist and psychiatrist who fit your budget, schedule, and needs.	Access these programs by logging into <b>myCigna.com</b> and clicking Talk to a Therapist. Next, select the applicable symptoms/conditions. Click Continue, and the next page will showcase the available behavioral health programs and the applicable cost associated with that program.
Brightside	Personalized anxiety and depression care from the comfort of home. 85% of Brightside members report feeling better within 12 weeks.	Access these programs by logging into <b>myCigna.com</b> and clicking Talk to a Therapist. Next, select the applicable symptoms/conditions. Click Continue, and the next page will showcase the available behavioral health programs and the applicable cost associated with that program.
Grow Therapy	Affordable in-network therapy personalized to your needs.	Access these programs by logging into <b>myCigna.com</b> and clicking Talk to a Therapist. Next, select the applicable symptoms/conditions. Click Continue, and the next page will showcase the available behavioral health programs and the applicable cost associated with that program.
Headspace Care	Behavioral health platform with 3 levels of care: behavioral health coaches (with 24/7/365 access), therapists (by appointment), and psychiatrists (by appointment)	Access these programs by logging into <b>myCigna.com</b> and clicking Talk to a Therapist. Next, select the applicable symptoms/conditions. Click Continue, and the next page will showcase the available behavioral health programs and the applicable cost associated with that program.
MDLive - Behavioral	Connect privately via video or phone with a Board Certified psychiatrist or licensed therapist.	Access these programs by logging into <b>myCigna.com</b> and clicking Talk to a Therapist. Next, select the applicable symptoms/conditions. Click Continue, and the next page will showcase the available behavioral health programs and the applicable cost associated with that program.
Map Health	Map Health helps support mental health and addiction recovery through the use of Peer Recovery Support.	Access these programs by logging into <b>myCigna.com</b> and clicking Talk to a Therapist. Next, select the applicable symptoms/conditions. Click Continue, and the next page will showcase the available behavioral health programs and the applicable cost associated with that program.
Meru Health	Fast access to a holistic digital therapy program personalized by a licensed therapist for depression, burnout, anxiety, and stress. Wearable biofeedback device provided to aide in breathing techniques to reduce physical stress.	Access these programs by logging into <b>myCigna.com</b> and clicking Talk to a Therapist. Next, select the applicable symptoms/conditions. Click Continue, and the next page will showcase the available behavioral health programs and the applicable cost associated with that program.

Talkspace	Partner with a therapist or psychiatrist for assistance with anxiety, depression, mood disorders and more.	Access these programs by logging into <b>myCigna.com</b> and clicking Talk to a Therapist. Next, select the applicable symptoms/conditions. Click Continue, and the next page will showcase the available behavioral health programs and the applicable cost associated with that program.
<b>Physical wellbeing support is part of your medical benefits through Cigna Healthcare. Some programs have health prerequisites or associated costs.</b>		
Cigna Program	Description	Contact
Active and Fit	Discount Gym Membership program. Provides access to multiple gyms. \$28/month + 1-time, \$28 registration fee	Log into <b>myCigna.com</b> , hover your mouse over Wellness, click Exercise, and then click Start Savings under Get fit with Active and Fit Direct. You can also call 800-870-3470, Option 3.
Care Management	Helps you access the right care at the right time. Work with a Care Coordinator to manage complex health conditions.	Call the toll free number on the back of your Cigna ID card or log into <b>myCigna.com</b> and use the click to chat feature to request more details.
Comprehensive Cancer Support	Members going through cancer treatment are assigned a nurse with oncology experience to help navigate care throughout their journey.	To start working with a personal nurse advocate, call 800-615-2909, Option 2 or log into <b>myCigna.com</b> and use the click to chat feature to request more details.
Healthy Pregnancies/Healthy Babies	Learn about preconception planning and infertility, find behavioral health resources during and after pregnancy. Order a breast pump and find lactation support in person or online. Receive additional support if hospitalized or have a premature birth. After you complete the program, go to <b>mycigna.com</b> to redeem your incentive (\$150 gift card if you enroll in the first trimester, \$75 gift card if you enroll in the second trimester)	Dial 800-615-2906, or log into <b>myCigna.com</b> , click on Wellness, then Maternity and Family, then Healthy Pregnancies Healthy Babies. Register through the Cigna Healthy Pregnancy app on your smart device and connect with coaches in one click.
Health Advisor	At-risk individuals are able to partner with a Health Advisor for health coaching on a variety of health topics.	Health Advisors will outreach to members who can qualify from this service.
Lifestyle Management (Completion of this program will give you one point toward your wellness incentive)	Coaching programs to help with stress management, tobacco cessation, weight management, behavior change and many other conditions.	You can reach a coach over the phone by calling 800-244-6224 or log into <b>myCigna.com</b> and use the click to chat feature to request more details
MDLive Medical Services	Virtual primary care, urgent care and dermatological care.	Access this program by logging into <b>myCigna.com</b> and clicking Talk to a Doctor then click on Medical to see the available MDLive services

<p><b>Omada</b> (Completion of this program will give you one point toward your wellness incentive)</p>	<p>A CDC fully recognized, digital, intensive behavioral program which provides the member with a digital scale, health coaching, social groups, and access to additional apps to help improve stress, nutrition, sleep health, and weight management.</p>	<p>Learn more at <a href="http://go.omadahealth.com/rutherfordcounty">go.omadahealth.com/rutherfordcounty</a>.</p>
<p><b>Your Health First</b></p>	<p>Cigna's telephonic condition management program connects individuals to dedicated health advocates for personalized support plans that drive results.</p>	<p>Your advocate focuses on the person as a whole to control diseases such as heart issues, asthma, etc. Members will receive outreach within 10+ days of identification if they qualify for this program.</p>

**Cigna Healthcare offers a variety of tools and resources to help you not only navigate your health and wellness, but also your life as a whole.**

Cigna Program	Description	Contact
<p><b>Cigna Community</b></p>	<p>Going through a tough time? Cigna Community can help you locate programs and services, like free or low cost housing, food, education, transportation and more.</p>	<p>Go to <a href="http://cignacommunity.findhelp.com">cignacommunity.findhelp.com</a> and enter your zip code.</p>
<p><b>Health Information Line</b></p>	<p>A telephonic service staffed by clinicians who help you understand and make informed decisions about where (and when) to go for care.</p>	<p>Call the toll free number on the back of your Cigan ID card and request to speak with a nurse.</p>
<p><b>Healthy Rewards</b></p>	<p>Discounts on vision care, lasik, and hearing aids.</p>	<p>Call 800-870-3470 or log into <a href="http://myCigna.com">myCigna.com</a>, hover your cursor over Wellness, click Exercise, and click on View all Healthy Rewards to see available discounts.</p>
<p><b>Identity Force</b></p>	<p>Identity theft protection program that helps to reduce the stress and likelihood of identity theft. Provides credit monitoring, account protection, and white glove restoration to victims of identity theft for claims of up to \$1m. No cost to subscribers and children on the plan; \$2 to enroll spouse.</p>	<p>Call 1-833-580-2523 or visit <a href="http://cigna.identityforce.com">cigna.identityforce.com</a> to get enrolled.</p>
<p><b>OneGuide</b></p>	<p>Need help navigating the healthcare system and Cigna products and resources? Understand your plan better, get in-network care and maximize your benefits.</p>	<p>Connect with a OneGuide Personal Guide by calling the number on your ID or log into <a href="http://myCigna.com">myCigna.com</a> and using the click to chat feature.</p>