

# EMOTIONAL WELL-BEING RESOURCE GUIDE

Cigna has the support you need during this unprecedented time.



The rapid spread of COVID-19 has created a difficult and uncertain time for many. Cigna is committed to supporting your emotional well-being, whether you're dealing with anxiety, stress or other life challenges. Cigna's tools and resources are all designed to help you manage whatever challenges you're facing – big or small.

## Cigna's COVID-19 Resource Center

Cigna has developed a dedicated COVID-19 Resource Center that is updated regularly. On this site, you can view a webinar on managing anxiety, fears and concerns; listen to a podcast on mindfulness and stress management; and find helpful information on Cigna coverage as well as community support resources.

Find these and other valuable resources at [Cigna.com/COVID19](https://www.cigna.com/COVID19).<sup>1</sup>



### Behavioral virtual care offers convenient, safe counseling

Virtual care lets you receive quality, behavioral health care without leaving home. Simply connect via your phone, computer or tablet and you can:

- › Schedule online appointments with licensed counselors or psychiatrists through our partnership with MDLIVE<sup>®2</sup>
- › Have access to more than 20,000 clinicians in Cigna's behavioral network for virtual counseling sessions
- › Receive confidential treatment for conditions like stress and anxiety
- › Have a prescription sent directly to your pharmacy, if appropriate

The federal government has relaxed some restrictions on virtual care and telehealth, allowing patients to meet doctors for a wider range of medical and behavioral issues, and get reimbursed.



### Expanding free emotional well-being sessions

For the next six months, Cigna is giving you twice as many sessions to connect with licensed clinicians in our Employee Assistance Program (EAP) network, at no additional cost to you.<sup>3</sup>

- › Up to six free sessions per issue with a licensed clinician in Cigna's EAP Network
- › Virtual behavioral care that lets you speak with a counselor on your phone, tablet or home computer

These services are confidential, and available for employees and dependents enrolled in Cigna's medical coverage.

*Please do not use the online 'Get an EAP Code' feature on the EAP coverage page as it will not support this additional coverage.*

**Together, all the way.®**





## Coaching and support services

Our programs give you access to behavioral experts with extensive experience. Our experts can help you and your family address challenges such as autism spectrum disorder, eating disorders, opioid and pain management and substance use.

We also offer coaching and support for parents and families, which empowers individuals to be effective advocates for their child, spouse or family member or receive help for their own mental health needs.

Our team can help you:

- › Understand a behavioral diagnosis
- › Learn about treatment choices and how your choices can affect what you'll pay out of pocket
- › Identify and manage triggers that affect your condition
- › Find a health care professional or facility in Cigna's network geared to your needs



## Learn how to improve your mental health<sup>4</sup>

iPrevail, offered through Cigna, is an on-demand coaching and personalized learning tool. After completing a brief assessment, you receive a program tailored to your needs. You'll get access to a peer coach who is matched based on your symptoms. You can also join support communities focused on stress, anxiety, depression and more.



## Overcome negative thoughts and life's challenges<sup>4</sup>

Happify, offered through Cigna, is 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.

## Together, all the way.<sup>®</sup>



### Looking for help or more information?

Visit **myCigna.com** or call the number on the back of your ID card. Or visit our COVID-19 Resource Center at **Cigna.com/COVID19**.

1. The content on this site includes some content which is specific to those with medical, pharmacy and other coverages through Cigna.
2. Cigna provides access to virtual care through MDLIVE as part of your plan. Providers are solely responsible for any treatment provided to their patients. Video chat may not be available in all areas or with all providers. This service is separate from your health plan's network and may not be available in all areas or under all plan types. A primary care provider referral is not required for this service.
3. Program runs through 9/30/20.
4. iPrevail and Happify 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. These programs do not provide medical advice and are not a substitute for proper medical care provided by a physician. Information provided should not be used for self-diagnosis. Always consult with your physician for appropriate medical advice.

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