



Below are several virtual behavioral and mental health programs within your medical network. Challenges to mental well-being come in many forms. Cigna offers a variety of behavioral support tools and services to help ensure to get the support that works best for you.

CIGNA Program	Description	Contact
<p>Alma</p>	<p>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.</p>	<p>Access these programs by logging in to myCigna.com 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.</p>
<p>Brightside</p>	<p>Personalized anxiety and depression care from the comfort of home. 85% of Brightside members report feeling better within 12 weeks.</p>	<p>Access these programs by logging in to myCigna.com 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.</p>
<p>Grow Therapy</p>	<p>Affordable in-network therapy personalized to your needs.</p>	<p>Access these programs by logging in to myCigna.com 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.</p>
<p>Headspace Care</p>	<p>Behavioral health platform with 3 levels of care: Behavioral health coaches (with 24/7/365 access), therapists (by appointment), and psychiatrists (by appointment)</p>	<p>Access these programs by logging in to myCigna.com 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.</p>

<p>MDLive - Behavioral</p>	<p>Connect privately via video or phone with a Board Certified psychiatrist or licensed therapist.</p>	<p>Access these programs by logging in to myCigna.com 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.</p>
<p>Map Health</p>	<p>Map Health helps support mental health and addiction recovery through the use of Peer Recovery Support.</p>	<p>Access these programs by logging in to myCigna.com 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.</p>
<p>Meru Health</p>	<p>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.</p>	<p>Access these programs by logging in to myCigna.com 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.</p>
<p>Talkspace</p>	<p>Partner with a therapist of psychiatrist for assistance with anxiety, depression, mood disorders and more.</p>	<p>Access these programs by logging in to myCigna.com 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.</p>
<p>The following programs are also part of your medical benefits through Cigna Healthcare. Some of these have prerequisites regarding your health. Costs will vary depending on the program; some are at no cost.</p>		
<p>CIGNA Program</p>	<p>Description</p>	<p>Contact</p>

<p>Active and Fit</p>	<p>Discount Gym Membership program. Provides access to multiple gyms. \$28/month + 1-time, \$28 registration fee</p>	<p>Login to myCigna.com, hover your mouse over 'Wellness,' click 'Exercise,' and then click 'Start Savings' under 'Get fit with Active and Fit Direct' or call 800-870-3470 Option 3.</p>
<p>Care Management</p>	<p>Helps you access the right care at the right time. Work with a Care Coordinator to manage complex health conditions.</p>	<p>Call the toll free number on the back of your CIGNA ID card or login to myCigna.com and use the click to chat feature to request more details.</p>
<p>Comprehensive Cancer Support</p>	<p>Members going through cancer treatment are assigned a nurse with oncology experience to help navigate care throughout their journey.</p>	<p>To start working with a personal nurse advocate, call 800-615-2909, Option 2 or login to myCigna.com and use the click to chat feature to request more details</p>
<p>FoodSmart</p>	<p>Nutrition counseling with a Registered Dietician who will create a personalized nutrition plan based on your health history, preferences, and goals. Daily tips and tools that make following your plan simple, including thousands of delicious recipes, grocery price comparisons, food delivery, and more.</p>	<p>Visit Foodsmart.com/members/cigna-healthcare to sign up.</p>
<p>Healthy Pregnancies/Healthy Babies</p>	<p>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 mycigna.com to redeem your incentive (\$150 gift card if you enroll in the first trimester, \$75 gift card if you enroll in the second trimester)</p>	<p>Dial 800-615-2906, or login to myCigna.com, 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.</p>
<p>Health Advisor</p>	<p>At-risk individuals are able to partner with a Health Advisor for health coaching on a variety of health topics.</p>	<p>Health Advisors will outreach to members who can qualify from this service.</p>

<p>Lifestyle Management</p>	<p>Coaching programs to help with stress management, tobacco cessation, weight management, behavior change and many other conditions.</p>	<p>You can reach a coach over the phone by calling 800-244-6224 or login to myCigna.com and use the click to chat feature to request more details</p>
<p>MDLive Medical Services</p>	<p>No cost share virtual primary care, urgent care and dermatological care</p>	<p>Access this program by logging in to myCigna.com and clicking "Talk to a doctor" then click on "Medical" to see the available MDLive services</p>
<p>Omada</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 omadahealth.com/rutherfordcountyttn.gov.</p>
<p>Oshi Health</p>	<p>A digital approach to digestive care. You have access to work with a team of GI specialist including GI providers, registered dieticians, gut-brain specialist, and care coordinators to find lasting relief to your GI issues.</p>	<p>Visit oshihealth.com/cigna to get started, or find Oshi in MyCigna when searching for GI providers in the find a physician tool.</p>
<p>Visana Health-Virtual OBGYN Care</p>	<p>Virtual Women's health clinic with OB/GYNs and Nurse Practitioners treating conditions from Menstruation to Menopause.</p>	<p>Access this program by logging in to myCigna.com and clicking "Find Care & Cost" > 'Doctor by Type' > Select Obstetrics and Gynecology.</p>
<p>Your Health First</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>
<p>The following Cigna Healthcare programs are additional tools and resources you can utilize to further optimize your health and wellness</p>		
<p>CIGNA Program</p>	<p>Description</p>	<p>Contact</p>

<p>Cigna Community</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 cignacommunity.findhelp.com and enter your zip code.</p>
<p>Healthy Rewards</p>	<p>Discounts on vision care, lasik, and hearing aids.</p>	<p>Call 800-870-3470 or login to myCigna.com, hover your cursor over 'Wellness,' click 'Exercise,' and click on 'View all Healthy Rewards' to see available discounts</p>
<p>OneGuide</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 One Guide Personal Guide by calling the number on your ID or login to myCigna.com and using the click to chat feature.</p>
<p>Health Information Line</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 CIGNA ID card and request to speak with a nurse.</p>
<p>Identity Force</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 cigna.identityforce.com to get enrolled.”</p>