Cigna Behavioral Health

Self-service digital tools

headspace

Easy access to real-time behavioral health coaching, video therapy, psychiatry appointments and skill-building.[1]

Face-to-face assistance

Additional employee assistance programs to promote health and well-being[2]

- Three in person or virtual **face-to-face** visits
- **Live chat** with an employee assistance program advocate
- **Unlimited telephone counseling** and access to work-life resources
- Access to **legal and financial consultations**

- **258k+** contracted behavioral health care providers nationwide[3] (doubled in the last five years)
- National **network** of clinicians, counselors, psychiatrists and psychologists
- **Virtual counseling sessions**
- **High performing mental health and substance use** Centers of Excellence
- **Online therapy** with a licensed therapist
- **No prior authorizations** for routine counseling
- **Specialized programs** for autism, eating disorders, substance use and more

#1
largest virtual network in the country[3]

51%
reduction in outpatient behavioral spending

1. 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. 2. Employee assistance program services are in addition to, not instead of, health plan benefits. These services are separate from health plan benefits and do not provide reimbursement for financial losses. Customers are required to pay the entire discounted charge for any discounted legal and/or financial services. Legal consultations related to employment matters are excluded. Additional restrictions may apply. Program availability may vary by plan type and location, and are not available where prohibited by law. *The Cigna Center of Excellence designation is a partial assessment of quality and cost-efficiency and should not be the only basis for decision-making (as such measures have a risk of error). Individuals are encouraged to consider all relevant factors and talk with their physician about selecting a health care facility. Quality designations and ratings found in Cigna's online provider directories are not a guarantee of the quality of care that will be provided to individual patients. Providers are solely responsible for any treatment provided and are not agents of Cigna. 3. Cigna unique provider data as of Jan. 2023. 4. Cigna Analytics, EAP and Medical Study, 2020.

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2024 Cigna Healthcare.