



Whatever you're dealing with, Cigna has resources to help.

We all struggle at times. No matter what's troubling you, Cigna has easy-to-access virtual resources to support you and your family on your journey to emotional well-being. And with multiple ways to get help, you can choose the care that best fits your needs and schedule.

WE'RE HERE FOR YOU

- › Stress
- › Addictions
- › Grief/loss
- › Marriage/family
- › Anxiety
- › Substance use
- › Trauma
- › Sleep issues
- › Depression
- › Eating disorders
- › Relationships
- › Healthy living



900 Cottage Grove Road
Bloomfield, CT 06002

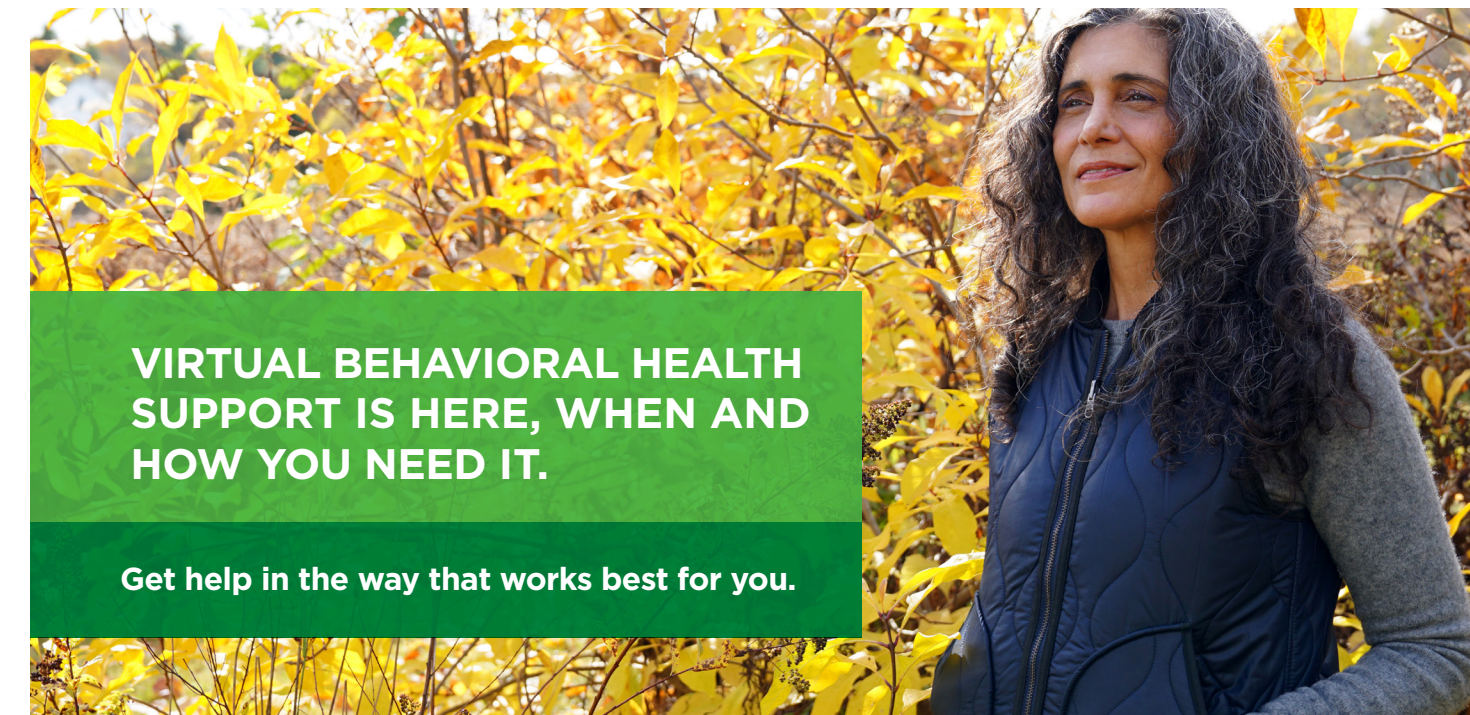
GET SUPPORT ON YOUR SCHEDULE, VIRTUALLY ANYWHERE.

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For University System of
New Hampshire employees
and their covered dependents



**VIRTUAL BEHAVIORAL HEALTH
SUPPORT IS HERE, WHEN AND
HOW YOU NEED IT.**

Get help in the way that works best for you.


Together, all the way.®

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Behavioral virtual care ¹	talkspace ²	ginger ³	iPrevail ⁴	happify ⁴
<p>Traditional care via video or phone</p> <p>Talk to a licensed behavioral health provider in our network, which now includes MDLIVE providers too. You can even have a prescription sent directly to your local pharmacy, if appropriate. Appointments can be made online in minutes.</p>	<p>Therapy via private text, video or voice message</p> <p>Connect with a licensed therapist five days a week through a secure app. The Talkspace network includes thousands of therapists across all 50 states.</p>	<p>All-in-one coaching and therapy</p> <p>Connect within minutes to a behavioral health coach who can help with wellness goals too. You can also be referred to a therapist or psychiatrist, and access podcasts, classes, activities, articles and more.</p>	<p>On-demand coaching and online tools</p> <p>Get personalized coaching and learning tools to help build resilience and positivity. Plus, join support communities that are focused on stress, anxiety, depression and more.</p>	<p>Mood-boosting games and activities</p> <p>Use these self-directed, science-based games and activities to help build emotional skills and a healthy mind. Answer a few simple questions to determine which games and activities suit you best.</p>
<p>Cost: Covered at the same cost as an outpatient office visit to an in-network behavioral health provider, as defined by your health plan.</p>	<p>Cost: Covered at the same cost as an outpatient office visit to an in-network provider, as defined by your health plan.</p>	<p>Cost: Covered at the same cost as an outpatient office visit to an in-network behavioral health provider, as defined by your health plan.</p>	<p>Cost: Covered at no additional cost as part of your Cigna medical benefits, regardless of your health plan.</p>	<p>Cost: Covered at no additional cost as part of your Cigna medical benefits, regardless of your health plan.</p>
<p>How to connect: Go to myCigna.com.</p>	<p>How to connect: Go to myCigna.com.</p>	<p>How to connect: Go to myCigna.com.</p>	<p>How to connect: Go to iprevail.com/Cigna.</p>	<p>How to connect: Go to Cigna.Happify.com.</p>

1. Cigna provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. Refer to plan documents for complete description of virtual care services and costs. 2. Available to Cigna medical plan members. Subject to plan deductible and coinsurance. 3. 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. Program not available in all states. 4. 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. The downloading and use of mobile apps are subject to terms and conditions, and standard mobile phone and data usage charges apply. 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 health care provider. Information provided should not be used for self-diagnosis. Always consult with your provider for appropriate medical advice.



How to access these behavioral health resources:

Visit myCigna.com > Talk to a Doctor > Counseling



Have questions or need help choosing the support that's right for you?

Call Cigna anytime at **800.Cigna24 (800.244.6224)**.