

MAKE MENTAL HEALTH TOP OF MIND

Help your employees get resources for their emotional well-being.



Today's go-go-go world can lead to emotional health challenges. Employees may not be getting the help they need for a variety of reasons – they may not know where to look, they may not know how to find the time or they may be concerned about what others will think. At Cigna, we understand that physical and mental health are connected. That's why Cigna includes comprehensive coverage for mental health care and resources for emotional well-being in all of our standard plans.

Employees need support now more than ever

- **One in five adults** in the United States experiences mental illness in a given year.¹
- **80%** of those with depression report having difficulty with work, home or social activities.¹
- **Suicide is now one of the three leading causes of death** among those aged 15 to 44.²



Network of behavioral health care providers and therapists

- Clinically complete national network of clinicians – counselors, psychiatrists and psychologists.
- 374 substance use Centers of Excellence, 228 mental health Centers of Excellence.³
- Virtual counseling sessions available, with over 27,000 clinicians nationwide.⁴
- Online therapy with a licensed therapist through Talkspace, via private messaging or live video session.
- No prior authorizations for routine counseling.
- Specialty support programs for autism, eating disorders, substance use and more.
- Live chat on **myCigna.com**.



Self-service digital tools⁵

No charge for Cigna customers to download.



iPrevail offered through Cigna is a digital therapeutics program designed by experienced health care providers to help employees take control of the stresses of everyday life. It's loaded with interactive video lessons and one-on-one coaching to help with depression and anxiety.



Happify offered through Cigna is a self-directed program with activities, science-based games and guided meditations. These are designed to help employees reduce stress and anxiety, gain confidence, defeat negative thoughts and boost overall health and performance.

Together, all the way.®



Offered by Cigna Health and Life Insurance Company or its affiliates.



Additional employee assistance programs to promote general health and well-being⁶

- ▶ **Three face-to-face visits** with a licensed mental health provider in Cigna's employee assistance program (EAP) network.
- ▶ **Live chat** with an employee assistance program advocate.
- ▶ **Unlimited telephone counseling** and access to work-life resources.
- ▶ **Access to legal services**, including a 30-minute no-cost consultation with a network attorney for legal issues including civil, personal/family and Internal Revenue Service (IRS) with 25% off select fees if the network attorney is retained.
- ▶ **Access to financial services**, such as 25% off tax preparation and a 30-minute complimentary phone consultation with a financial specialist on debt counseling, budgeting, student loans and more.
- ▶ **Access to identity theft support**, including a 60-minute consultation with a fraud resolution specialist who can help with what actions to take to recover from identity theft and how to protect against future risks.

Improved physical health can help improve mental health

At Cigna, we understand that physical and emotional well-being are connected. That's why Cigna benefits and programs support your employees' whole health and the productivity of your workforce.

- ▶ **24/7 telephone service** to connect your employees with live, responsive professionals who can answer questions.
- ▶ Personalized health information at **myCigna.com** and on the **myCigna® App**.
- ▶ **Annual wellness check-up** covered 100% in-network.
- ▶ **MotivateMe® incentive program** with turnkey, easy-to-use reward programs that promote healthy actions.⁷

Contact your Cigna representative or broker for more information.



1. Substance Abuse and Mental Health Services Administration. "Results from the 2017 National Survey on Drug Use and Health." September 2018.

2. CDC Online Newsroom. "Suicide rates rising across the U.S." <https://www.cdc.gov/media/releases/2018/p0607-suicide-prevention.html>. June 7, 2018.

3. Information based on Cigna data as of July 2020. Subject to change.

4. Cigna's virtual behavioral care network as of July 2020. Subject to change. Not all providers have video chat capabilities, and video chat may not be available in all areas.

5. 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.

6. 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.

7. MotivateMe must be purchased separately.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna representative.

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