

Make mental health top of mind

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



Employees need support now more than ever

- 83% of employees experience work-related stress.¹
- 60% of people who suffer don't get care.²
- 50% of U.S. adults in full time employment have reported leaving roles for mental health reasons, up from 34% in 2019.³

Network of behavioral health care providers and therapists

- 258K+ mental health and substance use providers.⁴
- First-time appointment in two days or less.⁵
- Centers of Excellence for Substance Use Disorders, Adult Mental Health, Child & Adolescent Mental Health, and Eating Disorders.⁶
- Virtual counseling sessions available with over 115k+ providers.⁷
- Online therapy with a licensed therapist through Talkspace, via private messaging or live video session.
- Ginger behavioral health coaching via text-based chats, self-guided learning activities and content, and, if needed, video-based therapy and psychiatry.⁸
- No prior authorizations for routine counseling.
- Specialty coaching and support programs for autism, eating disorders, substance use and more.
- Live chat on myCigna.com.



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



Employee assistance program is designed to promote general health and well-being⁹

- **Three face-to-face visits** with a licensed mental health provider in our employee assistance program (EAP) network.
- **Live chat** with an employee assistance program advocate.
- **Unlimited telephone support** and access to work-life resources.
- **Access to legal services** and financial consultations.
- **Identity theft protection** to proactively monitor, alert and help fix identity compromises.¹⁰

Improved physical health can help improve mental health

We understand that physical and emotional well-being are connected. That's why our 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.
- Virgin Pulse offered through Cigna Healthcare helps change behaviors and enhance the health of your employees through the digital health platform.



Contact your Cigna Healthcare representative or broker for more information.

1. The American Institute of Stress. "42 Worrying Workplace Stress Statistics." Sept. 2019.
2. Harvard Medical School. "Mental Illnesses are Common, but Care is Lacking." Nov. 2019.
3. Harvard Business Review. "It's a New Era for Mental Health at Work." Oct. 2021.
4. Internal unique provider data as of January 2023. Subject to change.
5. 2-day appointments available through provider partners: Alma, Bicycle Health, Brightside, Meru Health, and Path.
6. Information based on Cigna Healthcare data as of July 2020. Subject to change. 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 the Cigna Healthcare online provider directories are not a guarantee of the quality of care that will be provided to individual patients.
7. Internal unique provider data as of January 2023. Subject to change. Not all providers have video chat capabilities, and video chat may not be available in all areas.
8. Program services are provided by independent companies/entities and not by Cigna Healthcare. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.
9. 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.
10. Program services are provided by independent companies/entities and not by Cigna Healthcare. Programs and services are subject to all applicable program terms and conditions. Program availability may vary by location and plan type and is subject to change.

All health care providers and service providers are solely responsible for their care and/or services. Providers are not agents of Cigna Healthcare.

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 Healthcare representative.

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