

Subject:

New Virtual Behavioral Health Providers



MORE WAYS TO GET VIRTUAL BEHAVIORAL SUPPORT.

We're adding Talkspace and others to help provide you with personalized and convenient mental health and substance use support.

At a time when lives have been disrupted by COVID-19 and face-to-face mental health appointments can be challenging to schedule, Cigna has fast-tracked efforts to grow its virtual behavioral health care network. We're here to help you get the care you need, when and how you want it – at the same cost as an outpatient office visit to an in-network provider.

Cigna is adding **Talkspace** to connect you with a licensed therapist via private texting and live video sessions, along with psychiatrist services and other online resources. In addition to Talkspace, Cigna is broadening services available to address, connect and deliver support for mental health and substance use in select states:

- **MAP Health Management:** Peer-to-peer substance use recovery support that allows customers with substance use disorders to access care virtually. Available in Connecticut, Florida, Illinois, Maryland, New Jersey, New York, Pennsylvania, Texas, Virginia, and Washington, D.C.
- **Meru Health:** An app-based treatment program for depression, anxiety and burnout that is available in Arizona, California, and Colorado.
- **NOCD:** For customers diagnosed with obsessive compulsive disorder (OCD), this platform provides access to virtual therapy, digital tools and peer community support via an app, text or video.

It is available in California, Michigan, and North Carolina.

All of these providers can be accessed using your behavioral health benefits, like any face-to-face provider.



Log in to myCigna.com and go to the “Latest Updates” section, click “See Details” in the “New Virtual Behavioral Providers” section.

Together, all the way.®

[State Policy Disclosures, Exclusions, and Limitations](#) | [Privacy Policy](#) | [Legal Disclaimer](#)

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

Providers are solely responsible for any treatment provided. Not all providers have video chat capabilities. Video chat is not available in all areas. A Primary Care Provider referral is not required. Virtual care services may not be covered under all plan types. Refer to your plan materials for the details of your plan’s coverage of virtual care benefits.

Cigna Health and Life Insurance Company | 900 Cottage Grove Road | Bloomfield, CT 06002

946533 05/20 © 2020 Cigna. Some content provided under license.