

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 – it's hard to know where to look, it's hard 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.
- › 300+ substance use Centers of Excellence locations.³
- › Virtual counseling sessions available with over 14,000 clinicians nationwide.⁴
- › No prior authorizations for routine counseling.
- › Specialty programs provide support for autism, eating disorders, substance use and more.
- › Live chat on **myCigna.com**.



Self-service digital tools.⁵

- › 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.
- › 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.



Employee assistance programs to help manage life events

- › **Three face-to-face visits** with a licensed mental health provider in Cigna's employee assistance program 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) and 25% discount off select fees if the network attorney is retained.⁶
- › **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.

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**⁷ with turnkey, easy-to-use reward programs that promote healthy actions.

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," 9/2018.

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

3. Information based on Cigna data as of May 2019. Subject to change.

4. Cigna's virtual behavioral care network as of 5/2019. Subject to change.

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. Legal consultations related to employment matters are not available under this program.

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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