

Life can be overwhelming.

These virtual behavioral health providers can help.

Behavioral health challenges can be diverse and complex. That's why Cigna HealthcareSM offers so many virtual provider options. So you can get the confidential care and support you need – when and how it works for you.

Provider ¹	Description	Messaging Capabilities	Live Video Therapy	Nationwide Access	Relative Cost (per week) ²	Customer Cost
General Mental Health/Substance Use (anxiety, depression, burnout, relationships, stress, work issues)						
Alma secure.helloalma.com/providers-landing/ All ages	Alma clinicians provide therapy for individuals, couples, families, children and adolescents, as well as medication management. In-person and virtual sessions are available.		✓	47 states ³ (as of Feb. 2022)	\$	Copay applies. Services are submitted and coded as a claim (per occurrence).
Brightside brightside.com/insurance Ages 18+	Brightside pairs you with your own dedicated provider. Clinically proven to work for a wide range of symptoms. Appointments are available within 48 hours – including medication appointments.	✓	✓	✓	\$	Copay applies. Services are submitted and coded as a claim (per occurrence).
MDLIVE[®] mdlive.com/EvernorthBehavioralCare 888.726.3171 Ages 10+	MDLIVE [®] lets you video chat with a therapist or psychiatrist from the comfort of home. These providers can diagnose, treat and prescribe medications for many common, non-emergency mental health conditions. Convenient appointment times are available.		✓	✓	\$	Copay applies. Services are submitted and coded as a claim (per occurrence).

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 Meru Health The New Standard of Mental Healthcare meruhealth.com/cehealth Ages 18+	Meru Health is an app-based treatment program that combines technology, evidence-based therapy and daily support from licensed clinicians.	✓	✓	✓	\$	Copay applies. Services are submitted and coded as a claim (per occurrence).
 PATH pathmentalhealth.com/partner/ Ages 13+	Path matches you with a high-quality licensed therapist who's right for you. Video appointments are available within 48 hours, including evenings and weekends. Sessions are available for individuals, couples and families.		✓		\$	Copay applies. Services are submitted and coded as a claim (per occurrence).
Coaching/Peer Support for Mental Health and Substance Use (anxiety, depression, burnout, relationships, stress, work issues)						
 brightline hellobrightline.com/benefits Ages 18 months–17 years	Brightline provides extraordinary support for kids, teens, and parents. Chat with an expert within minutes and schedule a video visit within days.	✓	✓	As of April 2023	\$ \$	Copay applies. Member cost-share for coaching services; unlimited coaching billed monthly; other services billed per occurrence.
Condition-Specific Care (eating disorders, substance use, obsessive-compulsive disorder)						
 Bicycle Health bicyclehealth.com/simple-proven-private Ages 18+	Bicycle Health provides confidential virtual care for opioid use disorder, including doctor visits, lab tests, prescriptions, instant messaging and therapy/counseling support – all delivered and managed on your mobile device.	✓	✓	25 states ³ (as of Aug. 2022)	\$	Copay applies. Services are submitted and coded as a claim (per occurrence).
 EQUIP equip.health Ages 6+	Equip helps families achieve lasting recovery from eating disorders through dedicated virtual care teams and gold standard treatment of family-based therapy (FBT).	✓	✓		\$	Copay applies. Services are submitted and coded as a claim (per occurrence).

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Condition-Specific Care (eating disorders, substance use, obsessive-compulsive disorder)						
monument joinmonument.com/insurance Ages 18+	Monument providers can help you change your relationship with drinking. Designed for sobriety or moderation, Monument plans are personalized to your goals and lifestyle. Peer support and encouragement are available 24/7 in an anonymous community forum.	✓	✓	20 states ³ (as of Feb. 2022)	\$	Copay applies. Services are submitted and coded as a claim (per occurrence).
nocd treatmyocd.com Ages 6+	NOCD is the number one telehealth provider for the treatment of obsessive-compulsive disorder, offering access to online therapy through its innovative platform. ⁴	✓	✓	48 states ³ (as of Nov. 2021)	\$	Copay applies. Services are submitted and coded as a claim (per occurrence).



If you have questions, call **877.601.3835**. To search for a virtual provider that fits your needs, visit **myCigna.com[®]**.

Your plan also provides access to other virtual providers under your employee assistance program (EAP) benefit.⁵ View your Confide Navigator EAP brochure for details.



1. Cigna Healthcare provides access to virtual care through national telehealth providers under the behavioral benefit of your medical plan. Use of virtual providers is subject to the applicable plan copay. 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. Costs are for illustrative purposes only and should NOT be used to quote benefits. Prices reflect average cost per week over a three-month period. Actual costs may vary depending on plan type, provider type, length of session, diagnosis and type of service.

3. State count listed if a group is located in 20 or more states.

4. One Mind PsyberGuide. "Help me find an App." Last accessed June 21, 2023. <https://onemindpsyberguide.org/apps/?condition=ocd>

5. Employee assistance program services are in addition to, not instead of, your health plan benefits. These services are separate from your 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.

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.

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