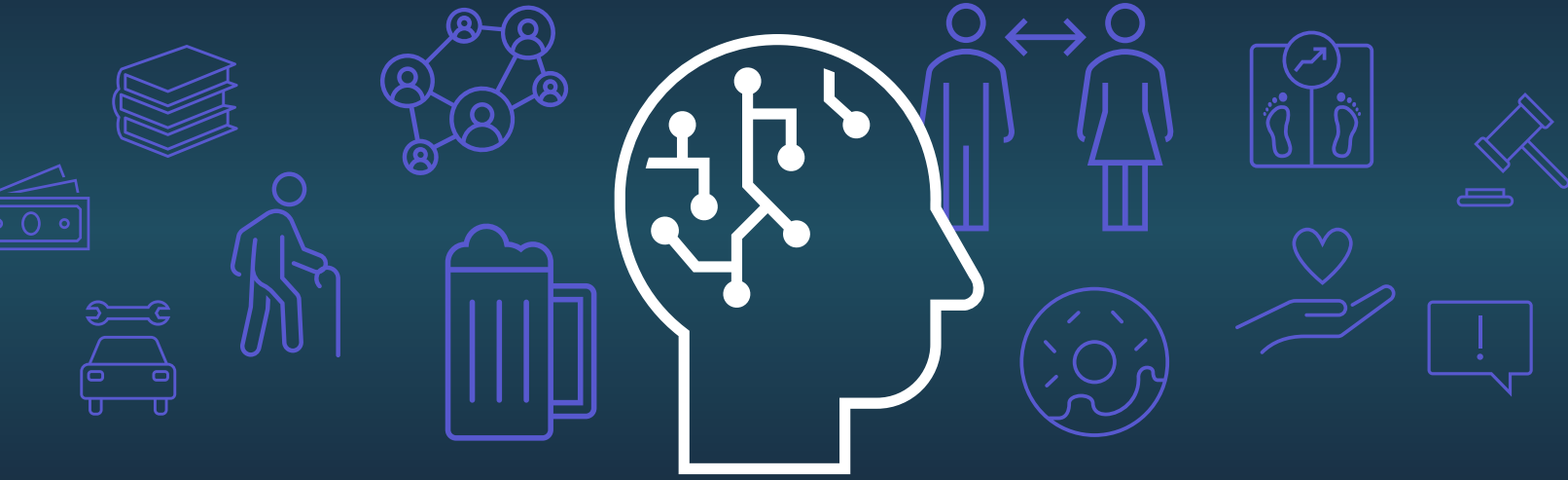


# Mental Health Resources



## CIGNA Member Resources

### Behavioral Health Virtual Visits

Behavioral Health virtual visits through CIGNA are coded the same as a Behavioral Health office visit. Licensed virtual therapist may provide a diagnosis, treatment and medication if needed via mobile device or computer.

#### Where to Go

Sign in or register on my.Cigna.com. Then, go to Find a Doctor > Behavioral Health Directory > People > Provider Type > Telemental Health Providers

#### Cost

Behavioral health virtual visits are a \$25 copay on the POS plan and typically between \$100 and \$200 on the HSA plan.

### Virtual Counseling: Ginger & Talkspace

**Ginger** is an in-network mental health benefit that offers app-based coaching, therapy, and psychiatry.

**Talkspace** provides online therapy with a licensed clinician via private message and live video.

#### Where to Go

<https://www.ginger.com/cigna> or <https://www.talkspace.com/covered>

#### Cost

CIGNA members have access to Ginger and Talkspace for the cost of your in-network copay.

### Emotional Support: Happify & iPrevail

**iPrevail** provides on-demand coaching, personalized learning and caregiver support. Complete an assessment, receive a program tailored to your needs, and get connected to a peer coach.

**Happify** is a self-directed program with activities, science-based games and guided meditations, designed to help reduce anxiety, stress and boost overall health.

To access iPrevail and Happify, log in to myCigna.com and scroll down for direct links. No cost for CIGNA members.

## EAP Resources

### Employee Assistance Programs

Guided by Good provides two different Employee Assistance Programs (EAP) to employees and their dependents at no additional cost (as defined by your benefits plan) with Cigna and SupportLinc. Each EAP includes access to confidential counseling and up to 3 face-to-face visits with EAP network providers per member, per issue per year. Here are a few of the issues that EAP counseling can help with:

- Alcohol and drug abuse
- Anxiety, depression and stress
- Budgeting, financial worries and reducing debt
- Childcare and elder care
- Emotional issues or grief
- Marital/Relationship issues
- Work-related problems and job stress
- And many more!

### Cigna EAP

EAP telephone consults last 20 to 30 minutes and are available Monday-Friday between the hours of 8 a.m. and 6 p.m. Eastern time.

Call 24/7 live assistance at 877.231.1492 or the number on your ID card.

### SupportLinc EAP

The SupportLinc EAP is available to all employees. You can access SupportLinc by going to the following:

- Visit us online: [www.supportlinc.com](http://www.supportlinc.com)
- Group Code: guidedbygood
- Counseling sessions can be held in-person or via video.
- Exchange text messages, voicenotes, and resources Monday-Friday with a licensed counselor through the Textcoach mobile app.

Download the app now, just search for "SupportLinc", or call us toll-free, 24/7: 888-881-5462. Email at [support@curalinc.com](mailto:support@curalinc.com)

### Benefits Advocacy

If you have a claims issue or need assistance with behavioral health visits, you can contact Madalyn Maierhafer at [mmaierhafer@fallonbenefits.com](mailto:mmaierhafer@fallonbenefits.com) or 404-814-6054.