




Mental Health and Stress Management Resources for Cigna members



Name of Program	How it works	How to Access	Cost
	Match up with a therapist and send private text, video, & voice messages Therapist responds during normal business hours Ages 13+	www.Talkspace.com/Cigna	\$20 copay
	Access therapists & psychiatrists Life Coaching available on demand Offers text & video-based chats	https://www.ginger.com/cigna	\$20/month copay
MAP Care Solutions 	Connect with others in sobriety for support during your first 12 months of sobriety Connect with your MAP Specialist 2-times/month, plus your MAP Specialist also will meet with your primary supports Ages 13+	https://thisismap.com/cigna	\$20/month copay
	Virtual Counseling/Therapy	Log into https://myCigna.com Click Find Care & Costs → reason for visit → virtual counseling	ZERO copay
Cigna Virtual Therapy 	This listing will show you the in-network counselors/therapists who offer virtual visits Ages depend upon provider	Log into https://myCigna.com Click Find Care & Costs → reason for visit → virtual counseling	\$20 copay per session
	Live therapy & private text between sessions for OCD Ages 6+	https://www.treatmyocd.com/	\$20 copay per session
	App that offers science-based games and activities to improve emotional well-being Ages 16+	https://cigna.happify.com/	FREE
 <small>Offered by Cigna</small>	Engage with peer coaches to help overcome anxiety, depression, grief, etc. Ages 13+	https://www.iprevail.com/cigna	FREE