Mental health is an important part of your overall health. Recognizing this, The Corps Network Health Plan offers several ways of accessing mental health services through Cigna.

### General Mental Health Services

<table>
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<tr>
<th>MyCigna.com</th>
<th>MDLive</th>
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| Search for a behavioral health provider to schedule an appointment either in-person OR virtually (if offered by the clinician). **How to Access:**  
  - Visit myCigna.com, go to “Find Care & Costs”  
    - Search by “counselor” or “virtual counselor” under Doctor by Type  
    - You can also filter by mental health condition type  
    - Call the number on the back of your Cigna ID card | Schedule a virtual care provider appointment via the MDLIVE app/website. **How to Access:**  
  - [https://www.mdlive.com/cigna](https://www.mdlive.com/cigna)  
  - myCigna.com  
  - 888.726.3171 |

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<tr>
<th>Cigna Total Behavioral Health EAP</th>
<th>Talkspace</th>
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</table>
| Three free face-to-face visits with an EAP provider. **How to Access:**  
  - Visit myCigna.com, go to “Find Care & Costs”  
    - Search by “counselor” or “virtual counselor” under Doctor by Type  
    - Filter by ‘EAP’ benefits  
    - Call the number on the back of your Cigna ID card | Virtually connects you with a therapist either via video or private text messaging. **How to Access:**  
  - [https://www.talkspace.com/cigna](https://www.talkspace.com/cigna)  
  - myCigna.com |

### Condition Specific Support

Through myCigna.com:  
- **Meru Health**: 12 week virtual counseling for depression, anxiety or burnout  
- **MAP**: Peer support recovery from substance abuse disorder  
- **NOCD**: Virtual therapy for OCD

### Tools and Resources

Through myCigna.com:  
- **Happify** – app-based self-directed program with activities, science-based games and meditation designed to help members reduce stress and anxiety and boost resilience.  
- **iPrevail** – app-based digital therapeutics program with interactive video lessons and one-on-one coaching to help with depression and anxiety.