

Cigna Healthcare Plan Benefits

for TCN member Corps

Cigna has an extensive network of providers for mental health services both in-person and virtually.



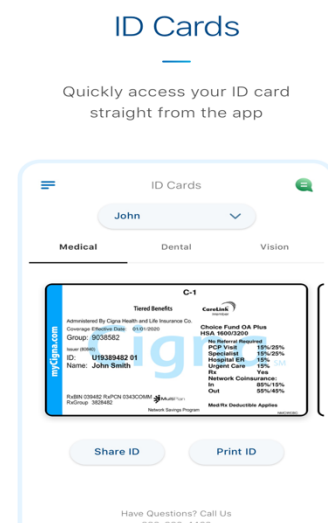
MyCigna is the member resource portal where members can learn more and get involved with various resources.

Accessible via [MyCigna.com](https://www.mycigna.com) or [mobile app](#)

MyCigna is for searching for all providers, not just mental health providers.

Here you can:

- Access your [Digital ID card](#). Whether it's physical health, mental health, dental care, vision, all the ID cards are going to be in the same place on [MyCigna.com](https://www.mycigna.com)
- Access Claims information
- Search for costs of an upcoming prescription or procedure
- Do cost comparisons and by using in-network providers members will get discounted prices on these services.
- Check out the home delivery pharmacy
 - o You have that option to look for a pharmacy that's near you.
 - o If you're getting regular prescriptions, you can sign up for our home delivery pharmacy to get those medications delivered to your door. download those ID cards into your wallet.
- ID cards can be downloaded into your wallet





Challenges to mental well-being comes in many forms. That's why Cigna offers various behavioral programs and support tools to help ensure you get the support that works best for you.

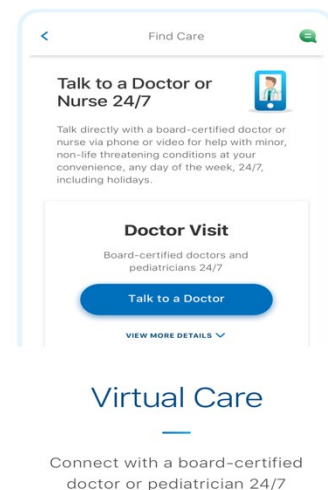
Cigna's behavioral programs include:

Virtual counseling

- [Receive quality, behavioral health care without leaving home.](#) Connect via phone, computer, or tablet to have access to over 69,000 clinicians in Cigna's behavioral network
- Schedule appointments online with licenses counselors or psychiatrists
- Get access to providers with wide variety of specialties such as autism, substance use, as well as providers who specialize in treating emergency responders
- Receive confidential treatment for conditions including stress and anxiety
- Same out-of-pocket cost as an in-office visit when you use a virtual provider

Emotional health & well-being

- Up to three free sessions with a licensed clinician in Cigna's employee assistance program network
- On-demand seminars, community resources, and referrals on a range of topics
- Find support for a range of topics including:
 - o Anxiety, depression, stress
 - o Parenting, relationships, childcare
 - o Pet care, education, identity theft support
 - o Legal and financial consultation services
- iPrevail app: on-demand coaching, personalized learning, and caregiver support
- Happify app: self-directed program with activities, science-based games, and guided meditations designed to help reduce anxiety, stress, and boost overall health





Mental health

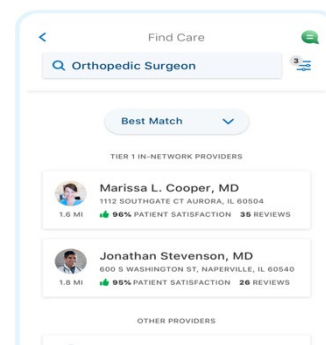
- Members can use MDLive’s friendly therapists and psychiatrists who are professionally trained to use virtual technology to treat many non-emergency condition such as anxiety, depression, stress, grief loss, eating disorders, relationship issues and more.
 - o Connect via video or phone
 - o See the same provider each visit or change whenever you’d like
 - o Have prescriptions sent directly to your local pharmacy

Substance use

- Centers of Excellence (COEs)
 - o Cigna has a nationwide network of COEs which provide quality and affordable inpatient and residential care as well as partial hospitalization and intensive outpatient care, for mental health disorders.
- Coaching & Support
- Modality options
 - o Private text messaging with providers like Talkspace and behavioral health coaching via text-based chats with Ginger
- Help finding a health care professional or facility geared towards your needs
- Help scheduling an appointment based on your schedule

Coaching and support services

- [Cigna’s providers give you access to behavioral experts with extensive experience](#)
- They can help you
 - o Understand a behavioral diagnosis
 - o Address challenges with autism spectrum disorders, eating disorders, substance, use, opioid use, and pain management
 - o Learn about treatment choices and how your choices affect what you’ll pay out of pocket
 - o Identify and manage triggers that affect your condition
 - o Find a health care professional or facility in Cigna’s network geared to your needs
 - o Help schedule an appointment



Find Care

Easily locate top providers near you,
or schedule a virtual doctor visit

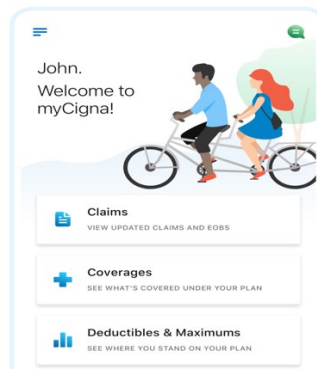


Lifestyle management programs

- Whether you're wanting to lose weight, manage stress, or quit tobacco, Cigna is there to help by providing
 - Telephone and online coaching
 - Dedicated wellness coaches who can help customers understand reasons for and barriers to change

Manage

Quickly access your plan benefits
all in one place



Members can use the self-guided resources as needed at no cost. Cigna provides the subscription to these resources on behalf of the members. Again, no cost and it's easy to sign up. If more support is needed, members can try one of the digital resources that provide coaching.



For help or more information, visit MyCigna.com or call the number on the back of your ID card.



Learn more by watching [The Corps Network Health Care Plan presentation for members.](#)