

# When you are feeling overwhelmed

We're here to help.



## A listening ear. A guiding hand.

When you're feeling stressed, anxious, depressed, or even a little bit overwhelmed, it's important to know you have someone you can turn to. We can provide the support you need when you need it most.

## Our Care Navigators are prepared to give help and guidance, in real time.

- Convenient – You can reach a Care Navigator via online chat or by telephone - anytime day or night.
- Personalized – You'll get tailored support to help you find the right solution to fit your needs.
- Included – You can use this confidential service at no additional cost.

## Our Care Navigators can:

- Match you with a licensed therapist who's right for you.
- Find you a licensed therapist who has an open appointment, often within 48 hours.\*
- Offer you immediate support, with a 45-60 minute telephonic consultation, with an available licensed clinician.
- Provide you with immediate help during a crisis situation.
- Help explain your benefits and coverage, as well as connect you to community-based resources.

## 100% follow-up

After your initial call, we'll check in with you to see if you're happy with your therapist or to provide additional support, if needed.

 Get started at [myCigna.com](https://myCigna.com)® or call the number on your ID card.

\*Two-day appointments available through provider partners: Alma, Bicycle Health, Brightside, Headway, Meru Health and Path.

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