



YOU'RE NOT ALONE

Cigna Total Behavioral Health can help you
move forward with health and wellness

Studies show that behavioral problems, like depression, anxiety and chronic anger, can contribute to cardiac diseases.¹ Many physical conditions can worsen with stress, substance use and other behavioral health issues. That's why we developed Cigna Total Behavioral HealthSM.

If you or a loved one has been diagnosed with a behavioral health condition, it can be hard to know where to turn for help. Cigna Total Behavioral Health is here for you. Our comprehensive program provides dedicated support, lifestyle coaching and educational tools. We help you take control of your health. Mind and body.

Our whole-person approach

With Cigna Total Behavioral Health, you get a personalized customer experience. We support you wherever you are in your health care journey. Cigna Total Behavioral Health gives you access to:

Behavioral Specialty Care Support². Our specialty programs give you access to behavioral experts with extensive experience. Our dedicated behavioral care managers help you and your family address the challenges of:

- › Autism spectrum disorder
- › Bipolar disorder
- › Child and adolescent mood and anxiety disorders
- › Eating disorders
- › Substance use
- › Young adult major depression, bipolar disorder and substance use

Our care managers give you confidential coaching and support. And they can help for as long as needed. (You must stay covered under your plan to continue service.) They can help you:

- › Understand a behavioral diagnosis
- › Learn about the treatment choices and your benefits plan
- › Identify and manage triggers that affect your condition
- › Coordinate your behavioral and health care benefits
- › Find a health care professional or facility in Cigna's network geared to your needs
- › Find community resources and programs near you
- › Advocate for yourself
- › Find resources and tools on **Cigna.com** and **Cignabehavioral.com**
- › Get referrals to other Cigna wellness and lifestyle programs available to you²

Together, all the way.®



Here's what our program participants tell us:

- › 100% were very satisfied with the service their care manager provided.³
- › 10 hours - Average time saved per participant by using programs. Compared to time they would have spent on their own getting information and arranging services.⁴

Take control - with extra support

Cigna Total Behavioral Health helps you take control of your health and wellness with the following programs and tools:

Lifestyle Management Programs. Is your goal is to lose weight, quit tobacco or lower your stress level? You can do it. And Cigna Lifestyle Management Programs can help. Each program offers support with phone and online coaching. The programs are easy to use and available where and when you need them.

Online coaching includes motivational emails and helpful online tools, trackers and information. With phone coaching, your dedicated coach will help you make a personal behavioral change plan. A workbook and at-home tool kit help you learn strategies for success.

Behavioral Awareness Seminars. Cigna offers free monthly seminars on:

- › Autism
- › Eating disorders
- › Substance use
- › Behavioral health awareness for children and families

The seminars are taught by industry experts. They give tips, tools and information you'll find helpful.



Enhanced online tools. A suite of tools that deliver on-demand support, including:

- › Information about your benefits, in-network providers and treatment options
- › Health and well-being articles
- › Self-assessment and stress management tools
- › A large library of content on many medical and behavioral health topics

At Cigna, we're always looking for ways to serve you better. These programs and materials can help you and your family get healthier.

To learn more or access services

Visit myCigna.com or call the toll-free number on your Cigna ID card. If there isn't a number on your card, call Cigna Behavioral at **800.274.7603**. Go to Cignabehavioral.com for extra resources.

1. American Psychological Association, Mind/Body Health: Heart Disease, 2016.

2. Please check with your employer to confirm services included in your plan.

3. Cigna Satisfaction Survey, 2015.

4. Cigna Satisfaction Survey, 2014.

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