

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 telephone 24/7/365 or by live online chat Monday-Friday, 9 am-8 pm, ET.
- 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.
- Offer you immediate support, with 60-minute telephone sessions with an available licensed clinician at no additional cost to you.
- 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®, or call the number on your ID card.

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