

Subject: New digital guide for behavioral health resources



LIFE HAPPENS. WE CAN HELP.

Get quick access to the help and support you need with Cigna's digital behavioral resources guide.

Challenges to mental well-being come in many forms, and so do the ways we can work through them. Whether you need help reducing stress or need to talk to someone – Cigna can help. From online tools and behavioral coaching to finding virtual care, we offer a variety of programs and services tailored to your needs.

You can get started by exploring this [digital guide](#). This guide highlights the virtual counseling, emotional well-being, mental health, substance use, coaching and support and lifestyle management programs and tools available to you and your covered dependents.



Open the digital resource guide to find the support you need.

All this is available to you as a Cigna customer. We help you take control of your health – body and mind – whenever you need it, 24/7/365.

For additional information and to see what's covered in your plan, visit [myCigna.com](https://www.mycigna.com) or call the number on the back of your Cigna insurance card.

Together, all the way.®

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