

# BEHAVIORAL VIRTUAL PROVIDERS

Convenience and choice reimaged.



Behavioral health challenges can be diverse and complex. That's why we empower employees with a broad menu of virtual provider options — all available whenever they're needed with maximum convenience and discretion.

Provider <sup>1</sup>	Description	Messaging Capabilities	Live Video Therapy	Nationwide	EAP	Relative Cost (per week) <sup>2</sup>	Customer Cost
General Mental Health/Substance Use (anxiety, depression, burnout, relationships, stress, work issues)							
<b>Alma</b> <a href="https://secure.helloalma.com/providers-landing/">https://secure.helloalma.com/providers-landing/</a> All ages	Alma connects you with a diverse national network of therapists and psychiatrists who fit your budget, schedule and needs. Search Alma's directory by age, gender, race, ethnicity, sexual orientation, specialty, therapeutic style, specific concerns and more. In-person and virtual sessions are available.		✓	47 states <sup>3</sup> (as of Feb. 2022)		\$\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
<b>Brightside</b> <a href="https://brightside.com/insurance">brightside.com/insurance</a> Ages 18+	Brightside offers personalized anxiety and depression care from the comfort of home with evidence-based therapy, medication and the support of expert providers at every step. Appointments are available in as few as 48 hours — including medication appointments.	✓	✓	39 states <sup>3</sup> (as of Nov. 2021)		\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 <a href="https://www.growththerapy.com">www.growththerapy.com</a> All ages	Grow's mission is to get more people into therapy by bridging the gap between therapists and people seeking mental health care. Customers can search and choose a unique, qualified therapist who accepts their insurance, identifies with them and specializes in the areas of their life that they would like to focus on. In-person and virtual sessions are available.	✓	✓			\$\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
<b>happify</b> <sup>™</sup> <a href="https://happify.com/cigna">happify.com/cigna</a>   Ages 18+	The Happify app features science-based activities and games designed to help lessen symptoms of depression and change behavior.			✓		\$	Applies to plans with Cigna Total Behavioral Health and Facets Behavioral Health at no cost.
 <a href="https://www.headway.co">www.headway.co</a> All ages	Headway is an online virtual and in-person therapy and medication management service that matches licensed mental health practitioners with patients based on their unique needs. Customers are able to book appointments in real time.	✓	✓		✓	\$\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
<b>MDLIVE</b> <sup>™</sup> <a href="https://mdlive.com/">mdlive.com/</a> EvernorthBehavioralCare 888.726.3171   Ages 10+	MDLIVE allows users to talk to a therapist or psychiatrist via video only (for behavioral services). These providers can provide therapy, diagnose, treat and prescribe medications for many common mental health conditions during non-emergency situations. Users do not gain direct access to a provider; they need to schedule a day/time for their appointment.		✓	✓	✓ Q3 '22	\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 <a href="https://meruhealth.com/cehealth">meruhealth.com/cehealth</a> Ages 18+	Meru Health is an app-based treatment program for depression, burnout and anxiety that combines technology, evidence-based therapy and daily support from licensed clinicians to help people improve their mental health.	✓	✓	✓		\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 <a href="https://sondermind.com/coveredcare">sondermind.com/coveredcare</a> All ages	Sondermind is an online virtual and in-person therapy service that matches licensed mental health practitioners with patients based on their unique needs.	✓	✓		✓	\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 <a href="https://talkspace.com/covered">talkspace.com/covered</a> Ages 13+	The Talkspace app provides virtual access to licensed therapists via live video and private texting, plus psychiatrist services and additional resources.	✓	✓	✓	✓	\$\$	Copay/coinsurance and deductible apply. Services are submitted and coded as a claim, per occurrence. Text-based therapy is billed per 60 minutes, on average once per week.

Relative Cost: \$ = \$70 or less | \$\$ = \$70-\$90 | \$\$\$ = \$91-\$125 | \$\$\$\$ = \$126+



Provider <sup>1</sup>	Description	Messaging Capabilities	Live Video Therapy	Nationwide	EAP	Relative Cost (per week) <sup>2</sup>	Customer Cost
Coaching/Peer Support for Mental Health and Substance Use (anxiety, depression, burnout, relationships, stress, work issues)							
 ginger.com/connect   Ages 18+	Ginger virtually connects members with a certified coach via texting and app-based programs to help them manage anxiety, depression and daily stressors 24/7/365. If needed, a coach can add a licensed therapist or psychiatrist to the care team within days.	✓	✓	✓		  Coaching   Therapist	Copay/coinsurance and deductible apply. Member cost-share for coaching services; unlimited coaching is billed monthly, while other services are billed per occurrence.
 thisismap.com/peerservices 1.844.627.1449 Ages 13+	MAP utilizes certified Peer Recovery Support Specialists to help individuals achieve and sustain long-term recovery from mental health and substance use disorders. Web-based and phone support options are available 24/7, including for family members. MAP also utilizes peer support groups.	✓		22 states <sup>3</sup> (as of Nov. 2021)			Copay/coinsurance and deductible apply. Member cost-share for services billed monthly.
 iprevail.com/cigna   Ages 13+ (with parental consent)	iPrevail offers 24/7 access to digital peer coaching and peer support using cognitive behavioral therapy techniques, interactive video lessons and support communities.	✓		✓			Applies to plans with Cigna Total Behavioral Health and Facets Behavioral Health at no cost.
Condition-Specific Care (eating disorders, substance use, obsessive-compulsive disorder)							
 equip.health   Ages 6+	Equip helps families achieve lasting recovery from eating disorders through dedicated virtual care teams and gold standard treatment of family-based therapy (FBT) delivered at home.	✓	✓			    	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 www.mdlive.com/ EvernorthBehavioralCare 1.888.726.3171   Ages 10+	MDLIVE allows users to talk to a therapist or psychiatrist via video only (for behavioral services). These providers can provide therapy, diagnose, treat and prescribe medications for many common mental health conditions during non-emergency situations. Users do not gain direct access to a provider; they need to schedule a day/time for their appointment.		✓	✓	✓	 	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 www.joinmonument.com/ insurance Ages 18+	Monument is a platform designed to connect you to providers to help you change your relationship with drinking. Designed for sobriety or moderation, Monument plans are personalized to your goals and lifestyle and available entirely online. Peer support and encouragement are available 24/7 in an anonymous community forum.	✓	✓	20 states <sup>3</sup> (as of Feb. 2022)		 	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 treatmyocd.com   Ages 6+	NOCD is the number one telehealth provider for the treatment of obsessive-compulsive disorder, offering access to online therapy through its innovative platform. <sup>4</sup>	✓	✓	48 states <sup>3</sup> (as of Nov. 2021)		  	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 https://www.pathmentalhealth.com/partner/ Ages 13+	Path matches you with a high-quality licensed therapist who's right for you based on what you're looking for (e.g., gender, race, specialty). Video appointments are available in fewer than 48 hours, including evening and weekend appointments. Sessions are available for individuals, couples and families.		✓			 	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.

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Together, all the way.®



Offered by Cigna Health and Life Insurance Company or its affiliates

1. Cigna provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. Refer to plan documents for complete description of virtual care services and costs.

2. Costs shown are for illustrative purposes only and should NOT be used to quote benefits. Prices reflect average cost per week over a three-month period. Actual costs may vary depending on plan type, provider type, length of session, diagnosis and type of service.

3. State count listed if a group is located in 20 or more states.

4. One Mind PsyberGuide. (n.d.). "Help me find an App." <https://onemindpsyberguide.org/apps/?condition=ocd>

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