

# BEHAVIORAL VIRTUAL PROVIDERS

Convenience & choice reimagined.



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>2</sup>	Description	Messaging Capabilities	Live Video Therapy	Nationwide	EAP	Relative Cost (per week) <sup>3</sup>	Customer Cost
General Mental Health/Substance Use (anxiety, depression, burnout, relationships, stress, work issues)							
<b>MDLIVE</b> mdlive.com/ EvernorthBehavioralCare 1 (888) 726-3171   Ages 10+	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.		✓	✓	✓ Q2 '22	\$\$	Copay/coinsurance & deductible apply Services are submitted & coded as a claim, per occurrence.
<b>Brightside</b> brightside.com/insurance Ages 18+ <sup>1</sup>	Brightside offers personalized anxiety and depression care from the comfort of home with evidence-based therapy, medication, and support of expert providers at every step. Appointments available in as little as 48 hours — including medication appointments.	✓	✓	39 states <sup>4</sup> (as of Nov 2021)		\$\$	Copay/coinsurance & deductible apply Services are submitted & coded as a claim, per occurrence.
<b>happify</b> happify.com/cigna   Ages 18+ <sup>1</sup>	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.
 meruhealth.com/cehealth Ages 18+ <sup>1</sup>	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 & deductible apply Services are submitted & coded as a claim, per occurrence.
 sondermind.com/coveredcare All ages <sup>1</sup>	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 & deductible apply Services are submitted & coded as a claim, per occurrence.
 talkspace.com/covered Ages 13+ <sup>1</sup>	The Talkspace app provides virtual access to licensed therapists via live video and private texting, plus psychiatrist services and additional resources.	✓	✓	✓	✓	\$\$	Co-pay/co-insurance and deductible apply. Services are submitted and coded as a claim, per occurrence. Text-based therapy billed per 60 minutes, on average once per week.

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

Provider <sup>2</sup>	Description	Messaging Capabilities	Live Video Therapy	Nationwide	EAP	Relative Cost (per week) <sup>3</sup>	Customer Cost
Coaching/Peer Support for Mental Health & Substance Use (anxiety, depression, burnout, relationships, stress, work issues)							
 ginger.com/connect   Ages 18+ <sup>1</sup>	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	Co-pay/co-insurance and deductible apply. Member cost share for coaching services, unlimited coaching billed monthly, other services billed per occurrence.
 iprevail.com/cigna   Ages 13+ (with parental consent) <sup>1</sup>	Digital peer coaching and peer support using cognitive behavioral therapy techniques, interactive video lessons and support communities. 24/7 access.	✓		✓		\$	Applies to plans with Cigna Total Behavioral Health and Facets Behavioral Health, at no cost.
 thisismap.com/peerservices 1 (844) 627-1449 Ages 13+ <sup>1</sup>	MAP is a leading provider of scalable, certified peer recovery support services designed to improve outcomes for individuals and families seeking recovery from substance misuse.	✓		22 states <sup>4</sup> (as of Nov 2021)		\$	Co-pay/co-insurance and deductible apply. Member cost share for services billed monthly.
Condition Specific Care (eating disorders, substance uses, obsessive compulsive disorders)							
 www.mdlive.com/ EvernorthBehavioralCare 1 (888) 726-3171   Ages 10+	MDLIVE is an on-demand telehealth provider that offers remote access to board-certified doctors and mental health professionals by video, phone, and secure mail.		✓	✓	✓ Q2 '22	\$\$	Copay/coinsurance & deductible apply. Services are submitted & coded as a claim, per occurrence.
 equip.health   Ages 6+ <sup>1</sup>	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. <sup>5</sup>	✓	✓			\$\$\$\$	Copay/coinsurance & deductible apply. Services are submitted & coded as a claim, per occurrence.
 kadenhealth.com   Ages 18+ <sup>1</sup>	Kaden is a data-driven digital behavioral health services company offering a fully integrated fully-integrated approach to treat those suffering from Opioid Use Disorder, based on the gold standard of Medication Assisted Treatment. <sup>6</sup>	✓	✓			\$\$\$	Copay/coinsurance & deductible apply. Services are submitted & coded as a claim, per occurrence.
 treatmyocd.com   Ages 6 and up <sup>1</sup>	NOCD is the number one telehealth provider for the treatment of obsessive-compulsive disorder, offering access to online therapy through its innovative telehealth platform. <sup>7</sup>	✓	✓	48 states <sup>4</sup> (as of Nov 2021)		\$\$\$	Copay/coinsurance & deductible apply. Services are submitted & coded as a claim, per occurrence.

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

Together, all the way.<sup>®</sup>



Offered by Cigna Health and Life Insurance Company or its affiliates

1. Program services are provided by independent companies/entities and not by Cigna. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.
2. 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.
3. Costs shown are for illustrative purposes only and should NOT be used to quote benefits. Prices reflect average cost per week over a 3 month period. Actual costs may vary depending on plan type, provider type, length of session, diagnosis, and type of service.
4. State count listed if a group is located in 20 or more states.
5. Equip, "Research", <https://equip.health/research>, accessed 1/18/2022
6. Kaden Health, "We bring care to you, wherever you may be.", <https://www.kadenhealth.com/the-technology/>, accessed 1/18/2022
7. One Mind PsyberGuide, "Help me find an App", <https://onemindpsyberguide.org/apps/?condition=ocd>, accessed 1/18/2022