

# THERE ARE NOW MORE WAYS TO GET HELP

You can now see a counselor or psychiatrist through MDLIVE or Cigna's Behavioral Health network.

## MDLIVE medical services have expanded to include behavioral health services.

Consult with a counselor or psychiatrist from your home, office or on-the-go.



Schedule an online appointment to talk with a licensed counselor or psychiatrist by phone or video.\*



Get most prescriptions at your nearest pharmacy (if medically necessary).

## SCHEDULE AN APPOINTMENT.

Call or schedule a time online that works for both you and the therapist.

**myCigna.com**

**MDLIVEforCigna.com**

**888.726.3171**

**MDLIVE** for Cigna®

## You can also receive care through Cigna's network of behavioral health providers.

In addition to MDLIVE Behavioral, Cigna Behavioral Health at **myCigna.com** also provides access to video-based counseling through its own network of providers. If you are seeing a therapist or psychiatrist through Cigna's Behavioral Health network, you can continue to receive care there.

To find a provider:

- › Visit **myCigna.com**, go to "Find Care & Costs" and enter "Virtual counselor" under doctor by type
- › Call the number on the back of your Cigna ID card 24/7

To help with most nonemergency conditions, MDLIVE providers can diagnose, treat and prescribe most medications for:

- › Addictions
- › Bipolar disorders
- › Child/adolescent issues
- › Depression
- › Eating disorders
- › Grief/loss
- › Life changes
- › Men's issues
- › Panic disorders
- › Parenting issues
- › Postpartum depression
- › Relationship/marriage issues
- › Stress
- › Trauma/PTSD
- › Women's issues
- › And more

**Together, all the way.®**



\* MDLIVE telehealth services are provided exclusively by MDLIVE and not by Cigna. While MDLIVE, Inc. is an independent company and not an affiliate of Cigna, Cigna has an investment interest in the company. Not all providers have video chat capabilities. Video chat is not available in all areas. MDLIVE services are separate from your health plan's provider network.

Health care providers are independent contractors solely responsible for the treatment provided to their patients. Providers are not agents of Cigna.

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