

CARING FOR THE WHOLE PERSON – BODY AND MIND.

Here's how to connect to behavioral health resources.

Cigna is encouraging everyone to be open with their health care provider about their physical and emotional well-being because the body and mind are more connected than you think.

In addition to the support you receive from your providers, we offer many ways to help you get dedicated emotional support.

Resources for Cigna customers		
Cigna Behavioral Health Personal Advocate	800.274.7603	Call with questions 24/7/365 and get help locating an in-network behavioral health provider.
Cigna customer website	myCigna.com	Check behavioral health coverage and benefit information, and search the online directory for in-network providers and facilities.
Behavioral telehealth	myCigna.com , or the number on the back of the customer's Cigna ID card	Access personal, confidential and convenient video-based services from a licensed in-network behavioral health provider.
Resources for everyone		
Cigna public websites	Cigna.com/takecontrol Cigna.com/childrenfamilies	Learn more about the connection between body and mind. You can also explore resources and webinars on a range of behavioral health topics.
Veteran Support Line	855.244.6211	Call 24/7/365 for a wide range of assistance to veterans and their caregivers and families.



Call us for more information.

If you have any questions or need additional information about resources, Cigna customers may call the number on the back of their Cigna ID card, and health care providers may call **800.88.Cigna (800.882.4462)**.

Together, all the way.®



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