







BEHAVIORAL VIRTUAL PROVIDERS

Convenience & 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 ²	Description	Messaging Capabilities	Live Video Therapy	Nationwide	EAP	Relative Cost (per week) ³	Customer Cost
General Mental Health/Substance Use (anxiety, depression, burnout, relationships, stress, work issues)							
MDLIVE 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.
Brightside brightside.com/insurance Ages 18+ ¹	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 ⁴ (as of Nov 2021)		\$\$	Copay/coinsurance & deductible apply Services are submitted & coded as a claim, per occurrence.
 meruhealth.com/cehealth Ages 18+ ¹	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® sondermind.com/coveredcare All ages ¹	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+ ¹	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 ²	Description	Messaging Capabilities	Live Video Therapy	Nationwide	EAP	Relative Cost (per week) ³	Customer Cost
Coaching/Peer Support for Mental Health & Substance Use (anxiety, depression, burnout, relationships, stress, work issues)							
 ginger.com/connect Ages 18+ ¹	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.
 thisismap.com/peerservices 1 (844) 627-1449 Ages 13+ ¹	Utilizes certified Peer Recovery Support Specialists to help individuals achieve & sustain long-term recovery from mental health and substance use disorders. 24/7 web-based and phone support available, including family members. Also utilizes peer support groups.	✓		22 states ⁴ (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)							
 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+ ¹	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. ⁵	✓	✓			\$\$\$\$	Copay/coinsurance & deductible apply. Services are submitted & coded as a claim, per occurrence.
 kadenhealth.com. Ages 18+ ¹	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. ⁶	✓	✓			\$\$\$	Copay/coinsurance & deductible apply. Services are submitted & coded as a claim, per occurrence.
 treatmyocd.com. Ages 6 and up ¹	NOCD is the number one telehealth provider for the treatment of obsessive-compulsive disorder, offering access to online therapy through its innovative telehealth platform. ⁷	✓	✓	48 states ⁴ (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.®



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