

# Cómo buscar un proveedor virtual de la red de profesionales de salud del comportamiento de Cigna: una guía paso a paso



## Use esta guía para buscar proveedores de la red de profesionales de salud del comportamiento de Cigna.\*

Tenga en cuenta que: Las imágenes tienen fines ilustrativos únicamente y están sujetas a cambios.

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Inicie sesión en [mycigna.com](https://mycigna.com).



Hi, Guest | ID Cards | Rx Cart

Home Find Care & Costs Claims Coverage Spending Accounts Prescriptions Wellness

Important Information for Customers [Learn more](#)

Dismiss

Welcome, Guest!

### COVID-19 Vaccine, Care, and Coverage

Worried you might have COVID-19? Cigna is here to help.

[Learn more](#)

#### Medical Coverage Status for: Guest

#### Medical | Dental

In-Network Deductible Remaining

**\$5,000<sup>00</sup>**

#### You pay the deductible

This is a family deductible. Costs for covered services paid by each family member contribute to this until it's met. Eligible in-network preventive care is covered 100% by your plan.

[View coverage details](#)

#### Spending Accounts

Health Reimbursement Account (HRA)

**\$2,375<sup>00</sup>**

as of 5/26/21

[View account details](#)

#### Family Incentives

HRA earned:

**\$0<sup>00</sup>**

out of \$1,300

You haven't earned any incentives yet.

[Start earning](#)

#### Latest Updates

All (9) | Sort by: Recommended

Enjoy the sounds of spring with hearing aid discounts from Amplifon.  
A message from your health plan | [See details](#)

Turn on two-step authentication to help protect your personal information.  
A message from your health plan | [See details](#)

Talk to a dentist 24/7 using your phone, tablet, or computer.  
A message from your health plan | [See details](#)

Virtual Wellness Screenings - New preventive care services available with MDLIVE  
A message from your health plan | [See details](#)

Lose your pain! Get free online physical therapy from RecoveryOne and earn \$100!  
From your employer | [See details](#)

#### My Health Team

##### My Primary Care Provider

No doctor selected.

[Find a Doctor](#)

[Manage My Health Team](#)

Talk to a doctor, counselor or nurse 24/7 using your phone, tablet, or computer.

[Connect Now](#)

#### My Health



##### My Wellness Score

A healthier you awaits. Complete your health assessment to unlock your score.

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Haga clic en **Connect Now** (Conectarse Ahora) para hablar con alguien de inmediato o programar una cita.

## Talk to a Doctor or Nurse 24/7

Cigna has partnered with top telehealth providers, so you can easily connect with board-certified doctors and pediatricians 24/7.



### Urgent Care

Board-certified doctors and pediatricians available 24/7

Connect

- ✓ Cold & flu
- ✓ Pink eye
- ✓ Sinus infection
- ✓ Sore Throat
- ✓ UTI (Females Only)
- ✓ Fever

### Counseling

Licensed therapists and psychiatrists available via appointment

Connect

- ✓ Anxiety
- ✓ Grief and loss
- ✓ Relationship issues
- ✓ Depression
- ✓ Medication management

### Preventive Care

Schedule your wellness screening with a primary care doctor

Connect

- ✓ Review medical history
- ✓ Discuss biometrics and lab results
- ✓ Diet and exercise advice
- ✓ Share results with your PCP
- ✓ Referrals to specialist care

Not sure? Talk to a nurse for free. Call 1-855-673-3063



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Debajo de **Counseling (Asesoría)**, haga clic en **Connect (Conectarse)**.

## Counseling

Close X



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Seleccione el tema relacionado con la salud en el que le gustaría que su proveedor tenga experiencia o use la flecha ▼ para ver más opciones y luego oprima **Continue (Continuar)**.

I'm looking for a provider with experience in:

Anxiety

Depression

Cultural & Race Related Counseling

Addiction

ADD/ADHD

Marriage/Couples Counseling

Anger Management

Grief and Loss Counseling

Post-Traumatic Stress Disorder

View More Options

Continue

Skip

Se abrirá una página que muestra los proveedores de servicios de salud emocional y del comportamiento que tiene disponibles. Su estimación de costos se llenará de acuerdo con los beneficios de su plan específico.

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Una vez que decida en qué programa le gustaría participar, seleccione el botón *Connect* (Conectarse) para programar una cita.

Es posible que se le pida que ingrese su número de ID médica para verificar los beneficios, y la información de una tarjeta de crédito para pagar los copagos o el coseguro que correspondan.

### MDLIVE for Cigna®

MDLive's friendly therapists and psychiatrists are professionally trained to use virtual technology to treat many non-emergency conditions such as anxiety, depression, stress, relationship issues, and more.



- Connect privately via video or phone with a board-certified psychiatrist or licensed therapist
- Schedule visits at times that work for you, including evenings and weekends
- See the same provider each visit, or change whenever you'd like
- Have prescriptions sent directly to your local pharmacy

Su costo estimado aparecerá aquí

[View more notes](#)



Video & Phone

### ginger

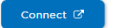
Feeling stressed or overwhelmed, but not quite sure what you need? Use Ginger's coaching services as a first line of defense for overcoming a range of challenges and stressors – from improving sleep or relationships, to managing anxiety and depression. Coaching is available on-demand, 24/7.



- Chat with a trained behavioral health coach within seconds
- Get unlimited confidential support 24/7/365 for one monthly rate via your behavioral health benefits
- If needed, your coach can add a licensed therapist or psychiatrist to your care team within days

Su costo estimado aparecerá aquí

[View more prices](#)



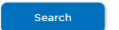
Digital Coaching

### \* Cigna®

Connect with in-network providers including licensed therapists, psychiatrists, nurse practitioners, and behavioral specialists using your Cigna benefits.



- Free sessions with a therapist within annual limits, through the Employee Assistance Program (EAP).
- Virtual or face-to-face options available.
- Benefits available to you or anyone in your household.



In-Person, Video & Phone

### talkspace

With Talkspace, you can select from thousands of licensed therapists and maintain an ongoing relationship throughout the entire treatment.



- Licensed therapists and psychiatrists available via live video and private texting
- Maintain relationship throughout treatment
- Online scheduling
- Ages 13 and up

Su costo estimado aparecerá aquí

[View more prices](#)



Video & Phone

### \* Meru Health

Meru Health offers a complete and clinically proven treatment program for depression, anxiety, and burnout with long-lasting outcomes.



- 12-week virtual counseling program for depression, anxiety, or burnout with a licensed therapist
- Access to an online peer support community & educational resources
- Ongoing 9-month check-ins available as needed
- Online scheduling available
- Ages 18 and up

Su costo estimado aparecerá aquí

[View more prices](#)



Video & Phone

\* Con fines ilustrativos únicamente. Es posible que este folleto muestre algunos proveedores que no están incluidos en su área o en su plan. Visite [mycigna.com](http://mycigna.com) para ver una lista de proveedores disponibles en su región.

Cigna le permite acceder a servicios de atención virtual a través de proveedores participantes de la red. No todos los proveedores ofrecen atención virtual. Cigna también le permite acceder a servicios de atención virtual a través de proveedores nacionales de servicios de telesalud como parte de su plan. Este servicio es independiente de la red de su plan de salud y es posible que no esté disponible en todas las áreas ni para todos los planes. No se necesitan referencias. Es posible que los servicios de video no estén disponibles en todas las áreas o con todos los proveedores. Todos los proveedores de cuidado de la salud son exclusivamente responsables del tratamiento que brindan a sus pacientes. Los proveedores no son agentes de Cigna. Consulte los documentos del plan para tener una descripción completa de los servicios de atención virtual y sus costos.

Los servicios del programa son brindados por compañías/entidades independientes y no por Cigna. Los programas y servicios están sujetos a todos los términos y condiciones aplicables del programa. La disponibilidad del programa está sujeta a cambios.

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