

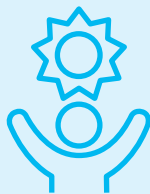
STRENGTH IN THE FACE OF CHALLENGES

Lightening up what's weighing him down



Feeling the stress of everyday life*

- › Mitch, a 38-year-old husband and manager living with multiple work and home demands.
- › Using free counseling sessions through his Employee Assistance Program (EAP) help manage the stress.
- › He still struggles to find emotional strength.



Finding support on myCigna

- › Mitch decided to try the “Talk with us” chat feature on **myCigna.com** and was connected with Mary.
- › Mary suggested these helpful resources:**
 - **Happify™** – science-based activities and games designed to reduce stress and build resilience.
 - **iPrevail** – on-demand peer coaching, online cognitive behavioral therapy programs and support communities.
 - **Ginger** – 24/7 on-demand coaching with trained mental health coaches.

Strengthening emotional fitness with iPrevail

- › Works with coach to schedule sessions, set goals and complete recommended activities.
- › Can log in to chat with coach at any time; if coach isn't available, other coaches can help.
- › Felt increased sense of control after two months by following coach's suggestions and working to improve resilience skills.
- › Continues to use iPrevail tools and resources to help manage life's challenges, and no longer sees a counselor.
- › Feels his iPrevail coach is a personal trainer for his emotional fitness.

What can we do for you?

Log in to myCigna to find the tools and resources you need to improve your emotional health.

Under the “Find Care & Costs” tab, select “Doctor by Type” and “Behavioral Health Counselor.” From there you can:

- › **See a local provider:** Search the directory to find an in-network behavioral health provider.
- › **Go virtual:***** Find resources for on-demand behavioral health support.

Need help getting an appointment? Cigna is here to help 24/7/365. Our team will reach out to providers and help you find appointments based on your schedule.

Have more questions? Log in to **myCigna.com**, or call the number on the back of your health plan ID card 24/7/365.

Together, all the way.®



* This example is for illustrative purposes only. Customer results will vary. ** 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. *** 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.

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