

The Corps Network Health Plan

Cigna Mental Health Services



Mental health is an important part of your overall health. Recognizing this, The Corps Network Health Plan offers several ways of accessing mental health services through Cigna.

General Mental Health Services

MyCigna.com

Search for a behavioral health provider to schedule an appointment either in-person OR virtually (if offered by the clinician).

How to Access:

- Visit [myCigna.com](https://www.mycligna.com), go to "Find Care & Costs"
 - Search by "counselor" or "virtual counselor" under Doctor by Type
 - You can also filter by mental health condition type
- Call the number on the back of your Cigna ID card

MDLive

Schedule a virtual care provider appointment via the MDLIVE app/website.

How to Access:

<https://www.mdlive.com/cigna>
[myCigna.com](https://www.mycligna.com)
888.726.3171

Cigna Total Behavioral Health EAP

Three free face-to-face visits with an EAP provider.

How to Access:

- Visit [myCigna.com](https://www.mycligna.com), go to "Find Care & Costs"
 - Search by "counselor" or "virtual counselor" under Doctor by Type
 - Filter by 'EAP' benefits
- Call the number on the back of your Cigna ID card

Talkspace

Virtually connects you with a therapist either via video or private text messaging.

How to Access:

<https://www.talkspace.com/cigna>
[myCigna.com](https://www.mycligna.com)

Ginger

Virtual access to coaches, therapists and psychiatrists from your smartphone via chat, self-guided content and video-based therapy for the cost of an office visit.

How to Access:

- Visit ginger.com/cigna and download the app
- Email help@ginger.com

Condition Specific Support

Through myCigna.com:

Meru Health - 12 week virtual counseling for depression, anxiety or burnout

MAP – Peer support recovery from substance abuse disorder

NOCD – Virtual therapy for OCD

Tools and Resources

Through myCigna.com:

Happify – app-based self-directed program with activities, science-based games and meditation designed to help members reduce stress and anxiety and boost resilience.

iPrevail – app-based digital therapeutics program with interactive video lessons and one-on-one coaching to help with depression and anxiety.