

CIGNABEHAVIORAL.COM

Helping You Find the Resources You Need!

Together, all the way.SM



Three reasons to use CignaBehavioral.com



Easily access the most comprehensive list of **health care professionals** who specialize in mental health and substance abuse



Find helpful information, research, podcasts and support services for a wide variety of behavioral health issues



Login to **access services** if the plan includes an Employee Assistance Program (EAP).



CignaBehavioral.com homepage

The screenshot shows the CignaBehavioral.com homepage. At the top left is the Cigna logo. Below it is a navigation menu with sections: MEMBERS, BENEFITS MANAGERS, and PROVIDERS. The MEMBERS section is expanded to show 'I want to ...' with a list of links: Login to access your benefits, Visit Our Education & Resource Center, Find a Therapist/Psychiatrist, Autism Information & Resources, Contact Us, and More... (including our Disaster Resource Center). A large banner image on the right shows a family (a man, a woman, and a child) sitting on a grassy area near a body of water, with the text 'LIVE Well' overlaid. Below the navigation menu are three main content areas: 'Podcasts from Cigna Experts', 'Click to Chat for EAP members', and 'Disaster Resource Center'. The 'Podcasts from Cigna Experts' section includes a link to 'Audio Articulos - Español' and a link to 'Ver Biblioteca'. The 'Click to Chat for EAP members' section features a chat icon with a woman's face and the text 'EAP LIVE CHAT M-F 8am-4pm CST'. The 'Disaster Resource Center' section includes a link to 'Información y recursos - Español'.

Click here to access educational resources

Click here to find a therapist, psychiatrist, or substance abuse professional

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MEMBERS

I want to ...

- › Login to access your benefits
- › Visit Our Education & Resource Center
- › Find a Therapist/Psychiatrist
- › Autism Information & Resources
- › Contact Us
- › More... (including our Disaster Resource Center)

BENEFITS MANAGERS

PROVIDERS

LIVE Well

Podcasts from Cigna Experts

Listen to podcasts from Cigna experts to learn about health, wellness, and how to use your health care plan. Find new additions monthly or explore our library at [health-info-podcasts](#).

Audio Articulos - Español!
Escuche podcasts sobre diversos temas de salud grabados en español.
[Ver Biblioteca.](#)

Click to Chat for EAP members

EAP LIVE CHAT
M-F 8am-4pm CST

Disaster Resource Center

The materials on this site were selected to help people cope with a variety of disasters, crises, and challenging situations. [Click here](#) to explore these materials and resources.

Información y recursos - Español
Haga clic [aquí](#) para acceder a los materiales relacionados con desastres.



Find a therapist or psychiatrist

SEARCH for a provider by type or by name

Enter Employee ID **une**

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< Find a Provider Home Member Home Wednesday, April 22, 2015

> Expanded Search
> Search by Name

Your Employer ID is typically the commonly-known name of the company YOU WORK FOR, but without the spaces and in lowercase. Example: xyzcorporation

Employer ID: GO

Don't know your Employer ID? Call CIGNA eCommerce Customer Service toll-free at 1.888.259.6279.

Online Access & Referral | Find a Therapist or Psychiatrist | Take a Self-Assessment

Find a Therapist/Psychiatrist

Should I see a therapist or a psychiatrist?	Find out which is right for you on our Frequently Asked Questions page.
Why log in to CignaBehavioral.com	Log in on the left-hand side of this page to see which therapists, psychiatrists, or hospitals are in your network to make sure your benefits cover your sessions.
How do I find a therapist, psychiatrist, hospital, or clinic?	Use the form below to search by specific preferences. Or click "Search by Name" on the left-hand side of this page to find a specific provider, hospital, clinic, or behavioral program.
What is the difference between in-network versus out-of-network	There are many benefits to choosing a therapist, psychiatrist, hospital or clinic in-network versus out. Discover the difference, benefits and questions that can help here .
When do I need an authorization before my appointment?	Hospital Care and other Specialty Services: Pre-authorization is needed; call the number on the back of your ID card. Employee Assistance Program (EAP) Counseling: Authorization is needed for these services, which, if eligible, are available at <i>no cost for limited sessions</i> . Log in to see if you are eligible and obtain authorization online <u>or</u> call the number on the back of your ID card. This information only applies to Cigna EAP services.
When do I <u>not</u> need an authorization before my appointment?	You don't need an authorization for most visits to a therapist or psychiatrist in your network for routine, outpatient care.

For best results, please log in at the left, using your Employer ID. This will ensure that you receive



Therapist/psychiatrist search information

For best results, please log in at the left, using your Employer ID. This will ensure that you receive the correct referrals for your specific plan.

* Indicates **required** field

* Provider type Therapist/Psychiatrist Clinic Hospital/Behavioral Program [Click here for FAQs](#)

* Network Behavioral Health EAP

* Zip code

Zip Radius 5 10 15 20 25

Language (English is default)

Age range specialty

Gender

Topic specialty

Are you accessing your EAP benefits?

Ethnicity

CIGNA Members: for cost and quality comparisons, please visit 



Education and resource center



Home Member Home Wednesday, April 22, 2015

Learn About My Personal Well-being
Managing Stress Kit
Get Resources on Drug and Alcohol Awareness
Frequently Asked Questions
Visit Our Education & Resource Center (includes Forms)
Forms
Health Information/Programs
Autism Information and Resources
Drug and Alcohol Information and Resources
Eating Disorder Information and Resources
Bipolar Information and

Education and Resource Center

This section provides easy access to forms, health information and programs we offer to help make you happier, healthier and more productive. Find forms covering out-of-network claims, member release of information and the California Grievance Form. The health information and programs section offers information about Cigna and the services we provide, as well as materials to support your work with a behavioral health practitioner.

For additional information on a range of topics, please log in with your employer ID at the bottom left-hand corner of this page. Once logged in, you can browse a wide variety of programs, interactive tools and other resources and information on virtually hundreds of topics. Everything from parenting and career development, to depression, high blood pressure, and personal budget planning. It's all available 24 hours a day, 365 days a year.

Click on the headings +/- to expand/collapse the materials

Cigna Medical Necessity Criteria and Frequently Asked Questions +/-

- Cigna Standards and Guidelines/Medical Necessity Criteria for Treatment of Behavioral Health and Substance Use Disorders
- Cigna Behavioral Health Frequently Asked Questions
- ClaimsFrequently Asked Questions
- Levels of Eating Disorders Care Descriptions
- Levels of Mental Health Care Descriptions
- Levels of Substance Abuse Care Descriptions
- Connecticut Medical Necessity Guideline Comparisonss

Forms and Tools +/-

- Consumer Toolkit for Navigating Behavioral Health and Substance Abuse Care
- Forms

By clicking on the links, members can access helpful educational information and resources on a variety of behavioral health topics, such as managing stress, eating disorders, autism, substance abuse, and more.



Education and resource center

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[Visit Our Education & Resource Center \(includes Forms\)](#) [Home](#) [Member Home](#)

- Forms
- Health Information/Programs
- Autism Information and Resources
- Drug and Alcohol Information and Resources
- Eating Disorder Information and Resources**
- Bipolar Information and Resources

Your Employer ID is typically the commonly-known name of your company YOU WORK for, in lowercase. Example: xyzcorporation

Employer ID:

Don't know your Employer ID? Call CIGNA eCommerce Customer Service toll-free at 1.800.447.2263

[Home](#) [Member Home](#) [Disaster Resource Center](#)

Eating Disorder Information and Resources

In today's society, many people — males and females alike — are preoccupied with body image. As a result, many people resort to unhealthy eating or exercise habits, which can lead to an eating disorder. With the increasing number of people that suffer from an eating disorder, the number appears to be on the rise.

Eating Disorders are very real and serious illnesses with underlying physical and psychological components. Cigna has years of experience in helping mental health professionals and families as a team to manage these disorders. This website contains educational information, tools and resources for people as a team to manage these disorders.

- Cigna's Eating Disorder Specialty Care Management Team
- Eating Disorder Resources and Tools
- Eating Disorder Awareness — A Cigna Education Series
- Frequently Asked Questions about Eating Disorder Covered Services and Pre-Certification

WE CAN HELP YOU WITH THAT

Welcome to the Managing Stress Kit

Stress is an unavoidable fact of life. It is your mind and body's response to demanding situations or events.

Not all stress is bad. It can help you get energized and perform at your best. But too much stress, for too long can take a toll.

At Cigna, through good times and crunch times, we've got your back. This toolkit can help you tame your stress and build resilience to better manage future stress.

Improve Your Juggling Act: Find Help with Work/Life

Visit our center to see if your employer-sponsored services can help address everyday work/life demands (commuting, convenience services and more).

Find a Way for information on community resources. A comprehensive community database available for finding services.

Self-assess: Interactive Tools

- What is your stress level?
- How well do you bounce back?

Take your skills to the next level: Stress Management Resources

- Find out more through easy-to-understand articles
- Take action! Learn stress management techniques

Learning Skills: Additional Help through Resources

Interactive Tools

Get Started

These Interactive Tools are easy-to-use personal calculators. Use any of them to start learning more about your health.

Health and Fitness Tools

- Do Your BMI and Waist Size Increase Your Health Risks?
- How Bad Are Your Urinary Symptoms From Benign Prostatic Hyperplasia (BPH)?
- How Many Calories Did You Burn?
- Should I Consider Surgery for My Low Back Problem?
- What Is Your Child's BMI?
- What Is Your Target Heart Rate?
- Which Health Screenings Do You Need?



Helping your members find a health care professional

- This flyer helps your members find a health care professional using myCigna.com or Cigna.com
- The flyer includes specific instructions to ensure they know to use CignaBehavioral.com for a mental health or substance abuse professional

If you're looking for a mental health or substance abuse professional, visit CignaBehavioral.com. On the "Members" page, select "Find a Therapist/Psychiatrist". You do not need to type in an "Employer ID."

Better value. Better together.

Find a health care professional

With a growing nationwide PPO network of more than 840,000 health care professionals and more than 6,000 facilities, Cigna offers you a range of quality choices to help you stay healthy.

Three ways to find what you need
There are three ways to find a network health care professional:

- If you're already enrolled, visit myCigna.com and log in using your User ID and Password.
- Visit Cigna.com and click "Find a Doctor." Be sure to select the "PPO, Choice Fund PPO" network.
- Call your Third Party Administrator during business hours.

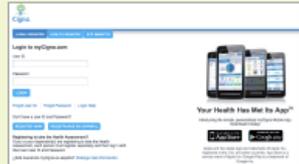
Special features allow you to:

- Narrow your results by distance, cost efficiency, specialty and more.
- Email a copy of your search results.
- Find doctors in 22 different medical specialties, who meet certain cost and quality measures and have been awarded the Cigna Care Designation.
- Estimate procedure costs based on Cigna's historical data.

Cigna's extensive PPO Network gives you access to qualified health care professionals. Your good health is important, and we're here to help.

If you're looking for a mental health or substance abuse professional, visit CignaBehavioral.com. On the "Members" page, select "Find a Therapist/Psychiatrist". You do not need to type in an "Employer ID."

Option 1
Log in to myCigna.com



Option 2
1. Visit Cigna.com - click on "Find a Doctor" (upper right).
2. On the next page, click on "If your insurance plan is offered through work or school..." (large orange box)
3. Click "Pick" (small pink box)
4. Click "PPO, Choice Fund PPO" in the pop-up box.





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