

Go to <http://apps.cignabehavioral.com/web/basic/site/consumer/consumer.jsp>,

Enter Employer ID: une

Select “GO”

For individuals that have Cigna Behavioral Health through a Cigna Medical Plan, you may log onto MyCigna.com to access applications for:

- On-line personal health record
- Self-management tools
- E-enrollment in Wellness Programs
- Information about Claims

EAP LIVE CHAT
Monday - Friday
8 a.m. - 4 p.m. 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 resources.

Información y recursos - Español
Haga clic aquí para acceder a los materiales relacionados con desastres.

Zika Virus Information

- Coping with the Fear of Zika Virus
- Zika information from Center for Disease Control & Prevention
- Zika information from World Health Organization

Select the “Education and Resources Center”

Select “EAP National Wellness Seminars”

Education and Resource Center
Para español: Centro de educación y recursos

This section provides easy access to your Healthy Rewards® benefit, forms, health information and program happier, healthier and more productive. Healthy Rewards® offers you discounts on a range of health and wellness programs covering out-of-network claims, member release of information and the California Grievance Form. The programs section offers information about Cigna and the services we provide, as well as materials to support your health practitioner. 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 Wellness
- Cigna Behavioral Health Frequently Asked Questions
- Claims Frequently Asked Questions
- Levels of Eating Disorders Care Descriptions
- Levels of Mental Health Care Descriptions
- Levels of Substance Abuse Care Descriptions
- Connecticut Medical Necessity Guideline Comparison

Forms and Tools +/-

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

Seminars and Programs +/-

- Health Information & Programs
- Behavioral Awareness Series - Free Seminars on Autism, Eating Disorders, Drug and Alcohol Abuse Awareness
- EAP National Wellness Seminars
- EAP National Wellness Seminars - Special Interest Topics
- Healthy Rewards®

Returning Military Resources +/-

- Returning From Active Duty