



# SUPPORT FOR EVERY STEP OF YOUR BEHAVIORAL HEALTH JOURNEY

Cigna's tools and resources guide you to the right care at the right time

Having a behavioral health need can feel overwhelming, but Cigna is here to help you through your journey. We provide you with:

- **myCigna.com® 24/7 Guided Navigation:** Our new, guided navigation provides you with easy access to support. After completing a brief assessment, you are presented with real-time customized options, programs and services. This includes access to find care digitally, virtually or in-person.
- **You can call us anytime, any day:** We're here 24/7 to assist you. Whether you contact us by phone or chat, we follow up to ensure you're getting the support you need.
- **Personalized customer experience:** Our view of your health helps us find more touch points and referral opportunities, and we can give you advice on what to expect when selecting care.

To learn more, visit [myCigna.com](https://mycigna.com), Wellness Tab, Mental Health Support. Or call the toll-free number on your ID card.

**Together, all the way.®**

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