

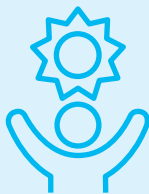


STRENGTH IN THE FACE OF CHALLENGES

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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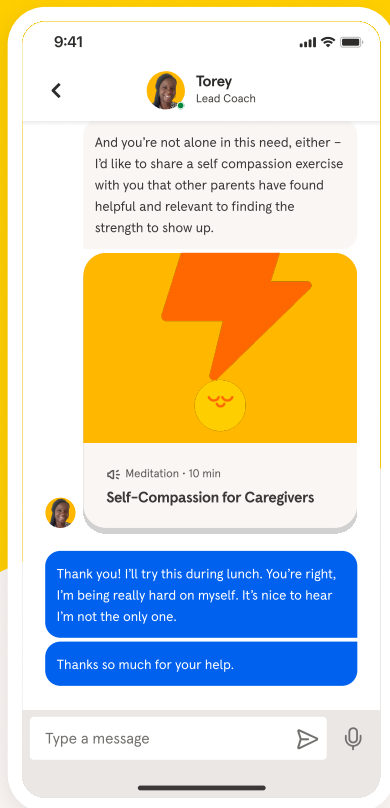
Support for all of life's challenges

Everyone deserves access to incredible mental healthcare.

That's why Headspace Care created the world's first integrated mental health platform where coaches, therapists, and psychiatrists work as a team to coordinate the best, personalized care right from your smartphone, whenever you need it.



All your care. All in one place.



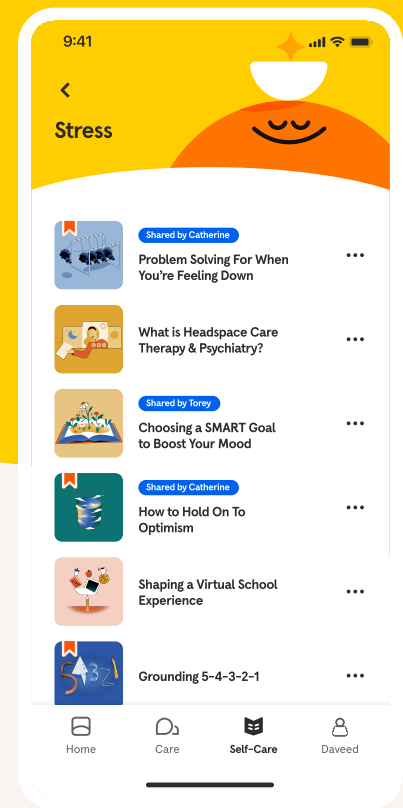
Coaching

Connect with a coach via text-based chat to receive personalized support for whatever you are going through.



Therapy & Psychiatry

A licensed therapist or psychiatrist can be added to your care team if you need extra support and based on your health plan benefits. These sessions are video-based and available evenings and weekends to fit your schedule.



Skill-building resources

Our library of tips, tools, and insights includes articles, classes, and podcasts offering expert guidance on a range of topics. This in-app content is available for you to use in your own time to help you move toward your goals.



Ready to get started?

Download the Headspace Care app and create an account.

Questions? Email us at caresupport@headspace.com or visit us at organizations.headspace.com/connect



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*It's only been a few sessions,
and my child is already starting
to recognize when their anxious
thoughts might be 'false alarms.'*

– Brightline parent



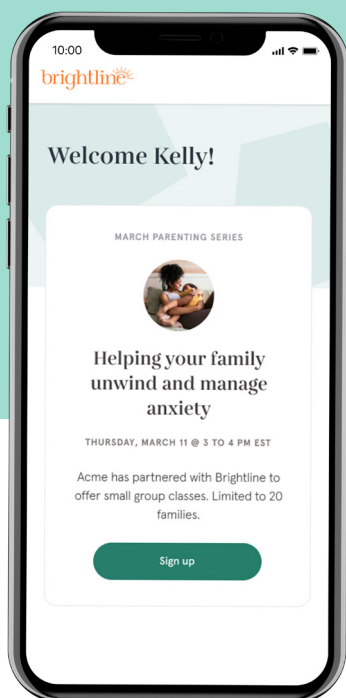
Get virtual behavioral health support for your family

Brightline's services — what's covered:

START HERE

Connect+

On-the-go access to personalized content, group classes, interactive exercises, and chat with coaches for tips and guidance



GET SUPPORT WHEN YOU NEED IT

Coaching

Programs to help tackle everyday common challenges with expert behavioral health coaches in as few as four sessions



Care

Personalized behavior therapy
and medication evaluation
& support from licensed
Brightline clinicians

Brightline is an in-network provider with Evernorth Behavioral Health, available to members based in the US. Standard OOP costs and deductibles apply.

GET STARTED AT

hellowebbrightline.com/benefits

Questions? Get in touch with Brightline Member Support
888-224-7332 care@hellowebbrightline.com

How to get started?

1 Easily and quickly sign up at hellobrightline.com/benefits

2 Create an account and access Brightline Connect+

3 Answer a few questions so we can get you the right care

4 Schedule your first appointment with no wait list

Why go with Brightline?

NO MORE QUESTION MARKS

We get you answers and support at every step, from check-ins with your child's therapist to regular progress updates.

THE RIGHT CARE AT THE RIGHT TIME

Our expert care teams work with you on personalized care plans that work for your child and for you.

VIRTUAL CARE FROM ANYWHERE

Access confidential video visits plus on-demand chats, tips & resources, and interactive exercises in Brightline Connect+.

GET STARTED AT

hellobrightline.com/benefits



Questions? Get in touch with Brightline Member Support
888-224-7332 care@hellobrightline.com

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Mental Health Awareness

Tools and Resources

More than two in five people (43%) with low vitality are more likely to experience mental health conditions such as depression and anxiety¹. Cigna offers a number of resources that can help.

For employers

- [Mental Health Awareness and Education Flyer](#)
- [Addressing Employee Burnout by Building a Culture of Health | Cigna Newsroom](#)

Mental health resources and toolkits, can be used for all employees

- [Managing Stress Toolkit](#)
- [Mindfulness Toolkit](#)
- [Employee email: Invitation to the Behavioral Awareness Webinar Series](#)
(Free webinars and expert advice to learn more about various topics, including autism, substance use, eating disorders and child and adolescent behavioral disorders)

Additional resources to be used only with employees who have Cigna

- [Employee email: Cigna Behavioral Health Resources at Your Fingertips](#)
- [Employee email: Make the Most of Your Cigna Behavioral Benefits](#)



1. Cigna Resilience Index, 2020 U.S. Workforce Report. New Landmark Study From Cigna Shows American Resilience Is At Risk – Sep 29, 2020 | Cigna Newsroom.

