

Trying to navigate the health care system – or even everyday life – isn't always easy. That's where **Confide Behavioral Health NavigatorSM** comes in.



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company and Evernorth Care Solutions, Inc. and Evernorth Behavioral Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

969445 02/23 © 2023 Cigna. Some content provided under license.




**When you're
feeling
overwhelmed**

Confide is here to help.



Get live behavioral health support in real time.

You may be dealing with emotional issues due to stress, anxiety or depression. Have concerns about a family member's substance use. Or need help managing a mental health crisis. **Confide Behavioral Health NavigatorSM** will provide the personal guidance you need when you need it most.

Your care navigator can help:

- Match you with a therapist who's right for you
- Find a therapist who has open appointments or get you in to a virtual care appointment within 48 hours
- Quickly respond to your needs in a crisis situation
- Provide in-the-moment support with an on-staff clinician, and more



100% follow-up. 100% covered.

After your initial consult, we'll check in to see if your needs are being met or provide additional assistance if needed. This confidential service is available to you or anyone in your household at no additional cost.

How else can Confide help?

Aside from personalized behavioral health support, your care navigator can also offer assistance for many of life's challenges.

- **For family and homelife issues** – We can help you find vetted referrals for childcare or eldercare, help you coordinate details if you're moving, and even suggest a pet sitter near you.
- **For job and career concerns** – We can offer time-management support, help with workplace-related stress, connect you with career-development resources and more.
- **For financial and legal matters** – Through Confide, you can consult with financial and legal professionals for 30-minute consultations per issue at no additional cost. You can also receive 25% discounts on many legal services.*



We're here when you need us.

Your care navigator will take time to talk through your issue and get you to the right resource or licensed clinician. When connected with a licensed clinician, sessions can take up to 60 minutes, though this may vary based on your need or issue.

*Legal consultations related to employment matters are not available under this program.

**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.

You also have digital tools you can use.

Visit **myCigna.com[®]**, where you can:

- Take a live, clinical assessment and receive personalized recommendations
- Receive online health coaching and connect with peer support groups through digital resources such as:**
 - Ginger
 - Happify
 - iPrevail
 - Talkspace



Get started at
myCigna.com, or call