

Step 1: Login to your MyCigna.com account

Step 2: From the Home Page, scroll down, and click on Connect Now to access the Virtual Care portal



- [Home](#)
- [Find Care & Costs](#)
- [Claims](#)
- [Coverage](#)
- [Spending Accounts](#)
- [Prescriptions](#)
- [Wellness](#)

Looking for your 2020 1095-B Tax Form? If Cigna provides your tax forms, they're available now. View... [Learn more](#)

[Dismiss](#)

Welcome, Guest!

COVID-19 Vaccine, Care, and Coverage

Worried you might have COVID-19? Cigna is here to help.

[Learn more](#)

Medical Coverage Status for: [Guest](#) Medical | Dental

In-Network Deductible Remaining

\$5,000⁰⁰

[View coverage details](#)

You pay the deductible

This is a family deductible. Costs for covered services paid by each family member contribute to this until it's met. Eligible in-network preventive care is covered 100% by your plan.

Spending Accounts

Health Reimbursement Account (HRA)

\$2,375⁰⁰

as of 5/6/21

[View account details](#)

Family Incentives

HRA earned:

\$0⁰⁰

out of \$1,300

You haven't earned any incentives yet.

[Start earning](#)

Latest Updates

All (8) | Sort by: Recommended



Enjoy the sounds of spring with hearing aid discounts from Amplifon.
A message from your health plan | [See details](#)



Turn on two-step authentication to help protect your personal information.
A message from your health plan | [See details](#)



Talk to a dentist 24/7 using your phone, tablet, or computer.
A message from your health plan | [See details](#)

My Health Team

My Primary Care Provider

No doctor selected.

[Find a Doctor](#)

[Manage My Health Team](#)

Talk to a doctor, counselor or nurse 24/7 using your phone, tablet, or computer.

[Connect Now](#)



Step 3: Under Counseling, click CONNECT to access Virtual Behavioral Care

The screenshot shows the Cigna website's virtual care interface. At the top, the Cigna logo is on the left, and user account information ('Hi, Guest'), ID Cards, and Rx Cart are on the right. A navigation bar includes 'Home', 'Find Care & Costs', 'Claims', 'Coverage', 'Spending Accounts', 'Prescriptions', and 'Wellness'. The main heading is 'Talk to a Doctor or Nurse 24/7'. Below this are four service cards: Preventive Care, Urgent Care, Counseling, and Dentist. The Counseling card is highlighted with a yellow arrow pointing to its 'Connect' button. Each card lists services and includes a 'Connect' button.

Cigna Hi, Guest ID Cards Rx Cart

Home Find Care & Costs Claims Coverage Spending Accounts Prescriptions Wellness

Talk to a Doctor or Nurse 24/7

Preventive Care

Schedule your wellness screening with a primary care doctor

[Connect](#)

- ✓ Review medical history
- ✓ Discuss biometrics and lab results
- ✓ Diet and exercise advice
- ✓ Share results with your PCP
- ✓ Referrals to specialist care

Urgent Care

Board-certified doctors and pediatricians available 24/7

[Connect](#)

- ✓ Cold & flu
- ✓ Pink eye
- ✓ Sinus infection
- ✓ Sore Throat
- ✓ UTI (Females Only)
- ✓ Fever

Counseling

Licensed therapists and psychiatrists available via appointment

[Connect](#)

- ✓ Anxiety
- ✓ Grief and loss
- ✓ Relationship issues
- ✓ Depression
- ✓ Medication management

Dentist


Speak with a dentist from the convenience of your home 24/7

[Connect](#)

- ✓ Dental pain
- ✓ Oral sores, swelling or infections
- ✓ Sensitive teeth
- ✓ Medication management

Step 4: Select a Provider based on Condition/Treatment Need. Click on Continue.

Counseling Close X



I'm looking for a provider with experience in:

<input checked="" type="radio"/> Anxiety	<input type="radio"/> Depression
<input type="radio"/> Cultural & Race Related Counseling	<input type="radio"/> Addiction
<input type="radio"/> ADD/ADHD	<input type="radio"/> Marriage/Couples Counseling
<input type="radio"/> Anger Management	<input type="radio"/> Grief and Loss Counseling

Post-Traumatic Stress Disorder

▼ View More Options

Continue Skip

Step 5: On the next page you will be able to review the services available, and compare each service and see Your Cost estimate.



Connect with in-network providers including licensed therapists, psychiatrists, nurse practitioners, and behavioral specialists using your Cigna benefits.



- Free sessions with a therapist within annual limits, through the Employee Assistance Program (EAP).
- Virtual or face-to-face options available.
- Benefits available to you or anyone in your household.

Search

In-Person, Video & Phone

MDLIVE for Cigna®

MDLive's friendly therapists and psychiatrists are professionally trained to use virtual technology to treat many non-emergency conditions such as anxiety, depression, stress, relationship issues, and more.



- Connect privately via video or phone with a board-certified psychiatrist or licensed therapist
- Schedule visits at times that work for you, including evenings and weekends
- See the same provider each visit, or change whenever you'd like
- Have prescriptions sent directly to your local pharmacy

New Patient Therapy Visit

YOUR COST

[View more prices](#)

Connect [↗](#)

Video & Phone



Feeling stressed or overwhelmed, but not quite sure what you need? Use Ginger's coaching services as a first line of defense for overcoming a range of challenges and stressors – from improving sleep or relationships, to managing anxiety and depression. Coaching is available on-demand, 24/7.



- Chat with a trained behavioral health coach within seconds
- Get unlimited confidential support 24/7/365 for one monthly rate via your behavioral health benefits
- If needed, your coach can add a licensed therapist or psychiatrist to your care team within days

Initial Monthly Price

YOUR COST

[View more prices](#)

[Connect](#)

Digital Coaching



With Talkspace, you can select from thousands of licensed therapists and maintain an ongoing relationship throughout the entire treatment.



- Licensed therapists and psychiatrists available via live video and private texting
- Maintain relationship throughout treatment
- Online scheduling
- Ages 13 and up

New Patient Therapy Visit

YOUR COST

[View more prices](#)

[Connect](#)

Video & Phone

