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
Step 3: Under Counseling, click CONNECT to access Virtual Behavioral Care
Step 4: Select a Provider based on Condition/Treatment Need. Click on Continue.
Step 5: On the next page you will be able to review the services available, and compare each service and see Your Cost estimate.
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

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