



World Mental Health Day is October 10, 2023



It's important to know that if you're struggling with your mental health, or just not feeling your best, you have access to mental health support 24/7 as part of your health plan.

That means you can access help whenever and however you need care:

- In person
- By telephone
- Via chat
- Virtually
- By text
- Digitally

And best of all, first time behavioral support appointments are available within 5 days with some network providers, and in as few as 2 days* with others.

Please click [here](#) to see an easy-access guide and learn about all the special resources available to you through Cigna HealthcareSM. You can download a copy of the information [here](#). And, you can also visit myCigna.com or the myCigna app,** or call the number on your ID card to speak with someone 24/7 about your specific plan benefits.

In celebration of World Mental Health Day, we invite you to consider checking in on a friend, it could make all the difference.

Thank you.

Your Cigna Healthcare Team



*Five days for routine therapy. First-time appointment in two days or less; 2-day appointments available through provider partners: Alma, Bicycle Health, Brightside, Headway, Meru Health, and Path.

**Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com. The MyCigna mobile app does not have the same functionality/capability that is available on myCigna.com. App/online store terms and mobile phone carrier/data charges apply.

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