



Mental and emotional well-being are essential to overall health. Anyone can suffer from mental or emotional health problems—and over a lifetime most of us will. This year alone, about one in five of us will suffer from a diagnosable mental disorder. These problems can affect your thinking, mood, and behavior. Yet, despite how common mental health problems are, many of us won't seek the medical support we need –support that can lead to positive changes.

A great place to start is Behavioral Telehealth especially if you don't have time to go to the doctor. Take a look at the attachments for more information!!!

Did you know...

- Mental health includes areas such as anxiety, eating disorders, substance abuse, mood disorders, trauma and stress related disorders.
- Mental illnesses are more common than cancer, diabetes, or heart disease. (US Surgeon General's Report)
- Mental illness can affect people of any age, income, race, religion or culture.
- With proper care and treatment, between 70 and 90 percent of people with mental illness experience a significant reduction of symptoms and an improved quality of life. (National Alliance for the Mentally Ill)

Resources:

M-DCPS Well Way 305-995-7367

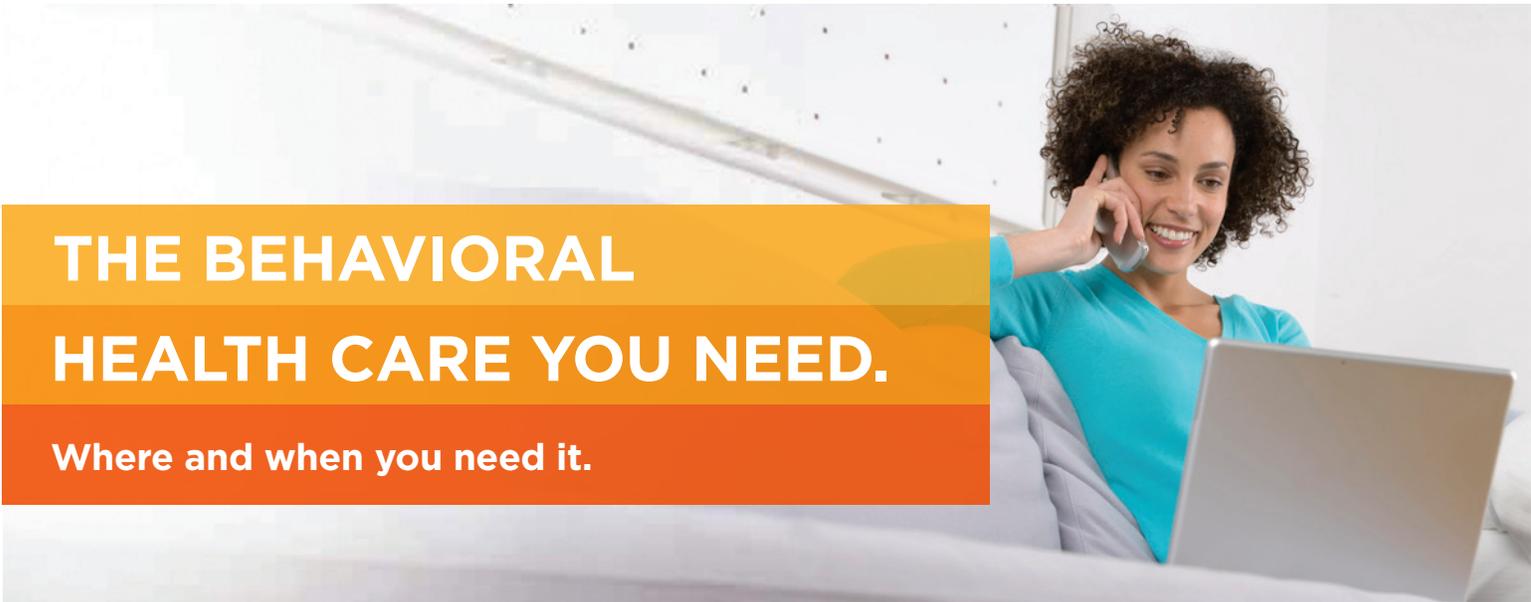
M-DCPS Employee Assistance program (EAP) 305-995-7112

National Alliance on Mental Health <https://www.nami.org/>

M-DCPS Employee Assistance Program <http://pers.dadeschools.net/eap/>

National Institute of Mental Health <https://www.nimh.nih.gov/>





THE BEHAVIORAL HEALTH CARE YOU NEED.

Where and when you need it.

Personal and confidential video-based mental health and/or substance use care through your plan.

Dealing with mental health or substance use issues can be a challenge. But with Cigna, you don't have to go it alone. And you don't have to go far for the care you need.

Now you can see a licensed provider who participates in the Cigna Behavioral Health network – when, where and how it works best for you. Whether you're home or away, Behavioral Telehealth gives you access to video-based services for quality care in a way that's more convenient than visiting an office.

- › Online video conferencing using your smartphone, tablet or computer
- › Scheduled appointments based on provider's availability
- › Costs the same as an in-office visit
- › Available as part of your health plan for Behavioral benefits

Telehealth services can be used for diagnosis and treatment of behavioral health issues such as:

- › Anxiety
- › Depression
- › Family and relationship issues
- › Grief
- › Stress
- › Substance use



The benefits of receiving care through video-based services:

- › Convenience
- › Choice
- › Privacy
- › Helps you save money on travel, childcare and other related expenses

Together, all the way.®



Cigna makes finding a Behavioral Telehealth provider easy

With Cigna's network of Behavioral Health care providers, we make it easy to find a telehealth provider that's right for you. You may even find that your current provider is in our telehealth network.



Go to **Cignabehavioral.com** to search for a video telehealth provider by specialty.



Call to make an appointment with your selected provider, just like you would for a face-to-face visit.



The provider will give you information on how to set up the video-based session according to the technology they are using.

When you require the kind of care only a licensed Behavioral Health provider can give, use your health benefits. Face to face, from home, at work or on the go, you'll get the personal attention and assistance you need to stay happier and healthier.

For more information, call the number on the back of your ID card or visit Cignabehavioral.com.



Not all providers have video chat capabilities. Video chat is not available in all areas. Telehealth services may not be available in all areas or with all plan types. See your plan materials for costs and complete details of coverage, including other telehealth benefits that may be available to you. Providers are solely responsible for any treatment provided.

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