

# Cigna Behavioral Health



## Clinical support

Three sessions to connect with licensed clinicians in our network, at no additional cost to you<sup>2</sup>

## happify™ offered through Cigna

Digital self-guidance tool to help increase resilience through activities, games and guided meditations. Designed to help reduce stress and anxiety while encouraging confidence<sup>3</sup>

## iPrevail

## offered through Cigna

On-demand peer coaching and personalized learning to help boost your mood and improve mental health care<sup>3</sup>



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