

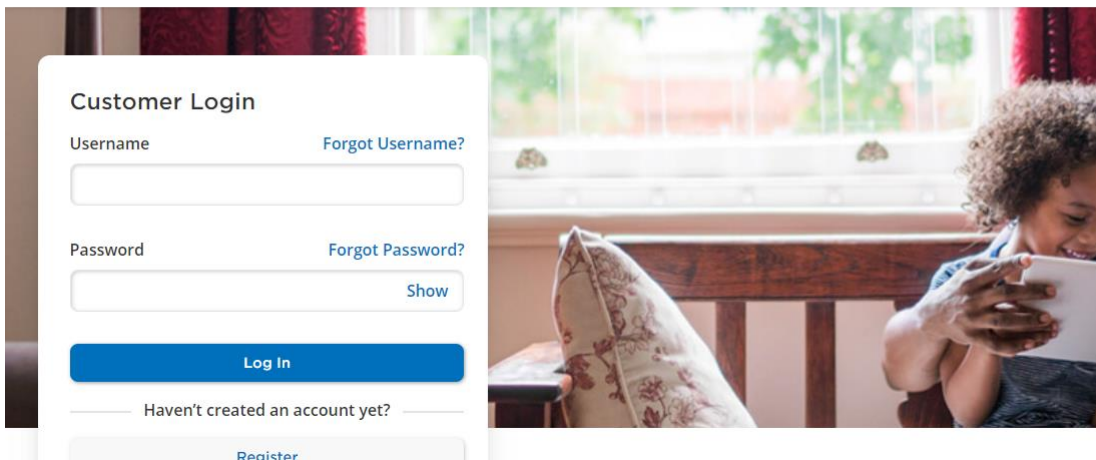
How to Find a Cigna Behavioral Provider: A Step by Step Guide



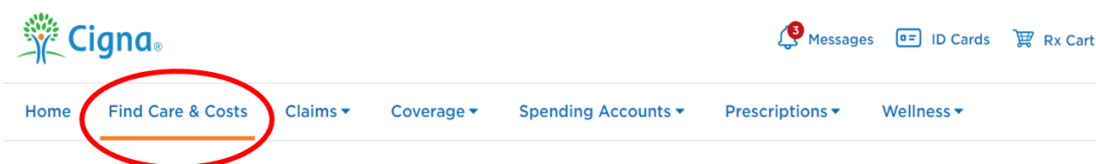
Use this guide to search for Cigna behavioral and emotional well-being providers.*

Please note: Images are for illustrative purposes only and subject to change.

Step 1: Log on to www.mycigna.com



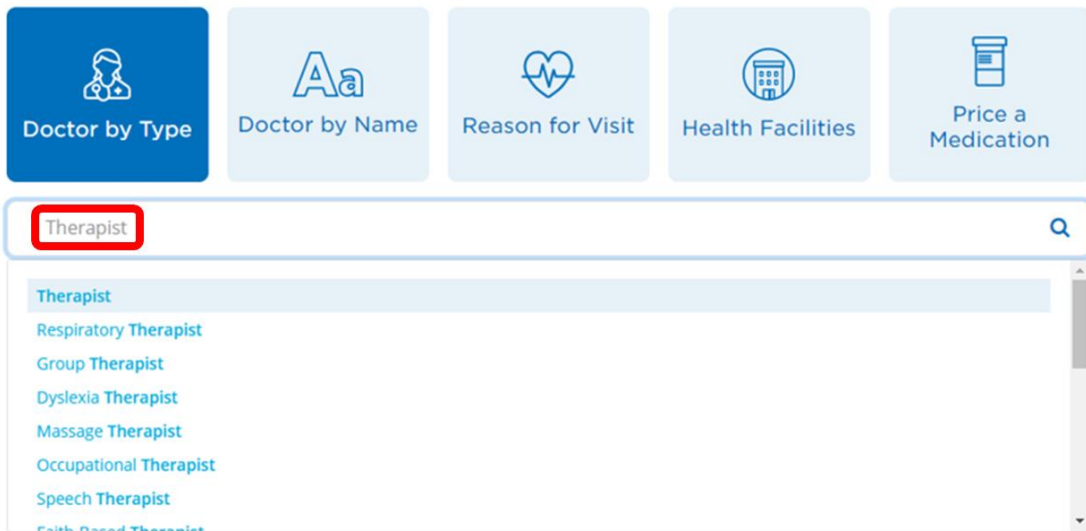
Step 2: Select "Find Care & Costs"



Step 3: Select “Doctor by Type”



Step 4: Type “Therapist” into the search bar





Step 5: Select treatment focus

I'm looking for a provider who primarily treats:

<input 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	<input type="radio"/> Post-Traumatic Stress Disorder
<input type="radio"/> Adoption Counseling	<input type="radio"/> Autism	<input type="radio"/> Child/Teen Behavioral Counseling
<input type="radio"/> Counseling for Healthcare Professionals	<input type="radio"/> Domestic Violence Counseling	<input type="radio"/> Eating Disorders
<input type="radio"/> Family Counseling	<input type="radio"/> Emergency Responder Counseling	<input type="radio"/> LGBTQ Counseling
<input type="radio"/> Medication Management	<input type="radio"/> Neuropsychology Testing	<input type="radio"/> OCD
<input type="radio"/> Sexual Abuse Counseling		<input type="radio"/> Sexual Health Counseling

Step 5: Explore Virtual or In-person Counselling Options and Cost

We found results for "Therapist".
What type of care are you looking for?

<h3>Go Virtual</h3>  <p>Continue</p> <p>Talk to a therapist, psychiatrist, or mental health coach from the comfort of your home via phone, video, or text.</p>	<h3>See a Local Provider</h3>  <p>View Results</p> <p>Choose from Cigna's large network of behavioral health providers</p>
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Next, you will be brought to a page that shows the emotional and behavioral health providers available to you. Your cost estimate will populate according to your specific plan benefit.