

Programs are available on myCigna.com

General Health

- Large network of In-Person & Virtual providers
- MDLive: Virtual preventive, urgent, behavioral & dermatology
- Preventive Care & Biometric screenings
- Smoking cessation coaching
- Substance & Alcohol use support
- Wellbeing Solution digital wellbeing experience

Emotional Wellbeing

- In-person & virtual therapy/psychology
- Autism & Eating Disorder Support
- Stress management telephonic coaching
- Telephonic coaching for depression, anxiety, bipolar disorder and other conditions
- Support via Cigna's virtual care network including but not limited to: Brightside, Growtherapy, Headway, Meru Health, Talkspace & more

Cancer

- Oncology Case Management
- Accredo Specialty Pharmacy & Case Management

Heart Disease & Related Conditions

- Chronic condition telephonic coaching
- In-person cardiologists & Heartbeat Health virtual provider

Musculoskeletal

- Low back pain telephonic coaching
- In-person physical, occupational, & exercise therapies
- Cigna Pathwell Bone & Joint
- Virtual MSK Providers: ASHCare, Airrosti

Other Virtual Providers

- Sleep Apnea: Gem Sleep
- LGBTQIA+/Gender-Affirming Care: FOLX
- Speech Therapy: Great Speech
- Digestive & Gut Health: Oshi Health
- Chronic Pain Management: Override, LinHealth

Pharmacy

- Express Scripts Home Delivery
- Specialty Care Options

Transplant

- Transplant Case Management

Weight Management

- Omada Pre-Diabetes Prevention Program
- Weight management telephonic coaching
- Virtual Nutritional Providers – Foodsmart, Nourish, Kroger

Women's Health & Family Planning

- Visana Virtual Women's Health provider
- Allara Virtual Women's Health provider
- Hey Jane Virtual contraceptive & treatment provider
- Healthy Pregnancies, Healthy Babies
- Aeroflow Lactation
- Wildflow Lactation Counseling
- High-Risk Maternity Case Management
- NICU Case Management
- Gennev & Midi virtual Women's Health Providers: Perimenopause & menopause support and resources
- Post-Partum support

Healthcare Consumer Tools

- 24/7 Nurse Hotline
- Price a Medication Tool
- Cost Transparency
- Prior-Authorization Status Tracker
- OneGuide
- Health Assessment
- Language Assistance Services
- Active & Fit Gym Discount Program
- Start Hearing Discount Services
- LASIK Discount Services
- Mom's Meals Discounts
- EyeMed Discounts
- ChooseHealthy Alternative Medicine Discounts (acupuncture, chiropractor, podiatry, therapeutic massage & more)



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Additional resources employees have through Cigna:

General Health

- [2026 Webinar Webcast Calendar](#)
- [Knowledge Center | Cigna Healthcare](#)
- [Discounts on Personify Wellness Store](#)

Emotional Wellbeing

- [Behavioral Podcast Series](#)
- [Past Behavioral Awareness Seminar Series](#)
- [Headspace Care Live Workshops](#)
- [Veteran Support Line +1 \(855\)244-6211](#)
- [EAP Monthly Webcasts & On-Demand](#)

Behavioral Awareness Seminars

- [2024 Autism Seminar Videos](#)
- [2024 Substance Use Disorder Seminar Videos](#)
- [2024 Eating Disorder Seminar Videos](#)
- [2024 Mental Health Seminar Videos](#)

Musculoskeletal

- [Active & Fit – Access to free virtual fitness & stretching classes](#)

Cancer

- [Know Your Lemons Breast Cancer Awareness – free app for customers](#)

Weight Management

- [Omada Webinar Library](#)
- [Foodsmart live webinars](#)
- [Foodsmart OnDemand webinars](#)
- [HelloFresh meal service customer discounts \(offered by employer\)](#)

Women's Health & Family Planning

- [Visana Women's Health webinars](#)

Community Resources

- [Cigna Community by findhelp – food pantries, meal programs, housing & financial assistance](#)



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