

BEHAVIORAL VIRTUAL PROVIDERS

Convenience and choice reimagined.



Behavioral health challenges can be diverse and complex. That's why we empower employees with a broad menu of virtual provider options — all available whenever they're needed with maximum convenience and discretion.

Provider ¹	Description	Messaging Capabilities	Live Video Therapy	Nationwide	EAP	Relative Cost (per week) ²	Customer Cost
General Mental Health/Substance Use (anxiety, depression, burnout, relationships, stress, work issues)							
Alma https://secure.helloalma.com/providers-landing/ All ages	Alma connects you with a diverse national network of therapists and psychiatrists who fit your budget, schedule and needs. Search Alma's directory by age, gender, race, ethnicity, sexual orientation, specialty, therapeutic style, specific concerns and more. In-person and virtual sessions are available.		✓	✓		\$\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
Brightside brightside.com/insurance Ages 18+	Brightside offers personalized anxiety and depression care from the comfort of home with evidence-based therapy, medication and the support of expert providers at every step. Appointments are available in as few as 48 hours — including medication appointments.	✓	✓	✓		\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 www.growththerapy.com All ages	Grow's mission is to get more people into therapy by bridging the gap between therapists and people seeking mental health care. Customers can search and choose a unique, qualified therapist who accepts their insurance, identifies with them and specializes in the areas of their life that they would like to focus on. In-person and virtual sessions are available.	✓	✓		✓	\$\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
happify happify.com/cigna Ages 18+	The Happify app features science-based activities and games designed to help lessen symptoms of depression and change behavior.			✓		\$	Applies to plans with Cigna Total Behavioral Health and Facets Behavioral Health at no cost.
 www.headway.co All ages	Headway is an online virtual and in-person therapy and medication management service that matches licensed mental health practitioners with patients based on their unique needs. Customers are able to book appointments in real time.	✓	✓		✓	\$\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 The New Standard of Mental Healthcare meruhealth.com/cehealth Ages 18+	Meru Health is an app-based treatment program for depression, burnout and anxiety that combines technology, evidence-based therapy and daily support from licensed clinicians to help people improve their mental health.	✓	✓	✓		\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
PATH https://www.pathmentalhealth.com/partner/ Ages 13+	Path matches you with a high-quality licensed therapist who's right for you based on what you're looking for (e.g., gender, race, specialty). Video appointments are available in fewer than 48 hours, including evening and weekend appointments. Sessions are available for individuals, couples and families.		✓			\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.

Relative Cost: \$ = \$70 or less | \$\$ = \$70-\$90 | \$\$\$ = \$91-\$125 | \$\$\$\$ = \$126+



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 sondermind sondermind.com/coveredcare All ages	Sondermind is an online virtual and in-person therapy service that matches licensed mental health practitioners with patients based on their unique needs.	✓	✓		✓	\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 talkspace talkspace.com/covered Ages 13+	The Talkspace app provides virtual access to licensed therapists via live video and private texting, plus psychiatrist services and additional resources.	✓	✓	✓	✓	\$\$	Copay/coinsurance and deductible apply. Services are submitted and coded as a claim, per occurrence. Text-based therapy is billed per 60 minutes, on average once per week.
Coaching/Peer Support for Mental Health and Substance Use (anxiety, depression, burnout, relationships, stress, work issues)							
 brightline www.hellobrightline.com/benefits Ages 18 months-17 years	Brightline is a national pediatric behavioral health provider that provides extraordinary support for kids, teens, and parents. Even better, it's all delivered virtually, so you can get support when and where you need it. When you sign up for Brightline, you will immediately have access to care for kids 18 months-17 years old - and support for you, too.	✓	✓	✓		\$ \$\$\$\$ Coaching Therapy	Copay/coinsurance and deductible apply. Member cost share for coaching services, unlimited coaching billed monthly, other services billed per occurrence.
 ginger ginger.com/connect Ages 18+	Ginger virtually connects members with a certified coach via texting and app-based programs to help them manage anxiety, depression and daily stressors 24/7/365. If needed, a coach can add a licensed therapist or psychiatrist to the care team within days.	✓	✓	✓		\$ \$\$ Coaching Therapy	Copay/coinsurance and deductible apply. Member cost-share for coaching services; unlimited coaching is billed monthly, while other services are billed per occurrence.
 Prevail iprevail.com/cigna Ages 13+ (with parental consent)	iPrevail offers 24/7 access to digital peer coaching and peer support using cognitive behavioral therapy techniques, interactive video lessons and support communities.	✓		✓		\$	Applies to plans with Cigna Total Behavioral Health and Facets Behavioral Health at no cost.
Condition-Specific Care (eating disorders, substance use, obsessive-compulsive disorder)							
 Bicycle Health https://www.bicyclehealth.com/simple-proven-private Ages 18+	Bicycle Health provides confidential virtual care for opioid use disorder, including doctor visits, lab tests, prescriptions, instant messaging, and therapy/counseling support - all delivered and managed on your mobile device.	✓	✓	29 states (as of Aug '22)		\$\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 EQUIP equip.health Ages 6+	Equip helps families achieve lasting recovery from eating disorders through dedicated virtual care teams and gold standard treatment of family-based therapy (FBT) delivered at home.	✓	✓			\$\$\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 monument www.joinmonument.com/insurance Ages 18+	Monument is a platform designed to connect you to providers to help you change your relationship with drinking. Designed for sobriety or moderation, Monument plans are personalized to your goals and lifestyle and available entirely online. Peer support and encouragement are available 24/7 in an anonymous community forum.	✓	✓	22 states ³ (as of Feb '22)		\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.
 nocd treatmyocd.com Ages 6+	NOCD is the number one telehealth provider for the treatment of obsessive-compulsive disorder, offering access to online therapy through its innovative platform. ⁴	✓	✓	48 states ³ (as of Nov '21)		\$\$\$	Copay/coinsurance and deductible apply. Services are submitted & coded as a claim, per occurrence.

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1. Cigna provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. Refer to plan documents for complete description of virtual care services and costs.

2. Costs shown are for illustrative purposes only and should NOT be used to quote benefits. Prices reflect average cost per week over a three-month period. Actual costs may vary depending on plan type, provider type, length of session, diagnosis and type of service.

3. State count listed if a group is located in 20 or more states.

4. One Mind PsyberGuide. (n.d.). "Help me find an App." <https://onemindpsyberguide.org/apps/?condition=ocd>

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