Life is demanding. It’s hard to find time to take care of yourself and your family members as it is, never mind when one of you isn’t feeling well. That’s why your health plan through Cigna includes access to medical and behavioral/mental health virtual care.

Whether it’s late at night and your doctor or therapist isn’t available, or you just don’t have the time or energy to leave the house, you can:

› Access care from anywhere via video or phone.
› Get medical virtual care 24/7/365 - even on weekends and holidays.
› Schedule a behavioral/mental health virtual care appointment online in minutes.
› Connect with quality board-certified doctors and pediatricians, as well as licensed counselors and psychiatrists.
› Have a prescription sent directly to your local pharmacy, if appropriate.


Medical virtual care for minor conditions costs less than ER or urgent care center visits, and maybe even less than an in-office primary care provider visit.
Medical virtual care
Board-certified doctors and pediatricians can diagnose, treat and prescribe most medications for minor medical conditions, such as:

- Acne
- Allergies
- Asthma
- Bronchitis
- Cold and flu
- Constipation
- Diarrhea
- Earaches
- Fever
- Headache
- Infections
- Insect bites
- Joint aches
- Nausea
- Pink eye
- Rashes
- Respiratory infections
- Shingles
- Sinus infections
- Skin infections
- Sore throats
- Urinary tract infections

Behavioral/mental health virtual care
Licensed counselors and psychiatrists can diagnose, treat and prescribe most medications for nonemergency behavioral/mental health conditions, such as:

- Addictions
- Bipolar disorders
- Child/adolescent issues
- Depression
- Eating disorders
- Grief/loss
- Life changes
- Men’s issues
- Panic disorders
- Parenting issues
- Postpartum depression
- Relationship and marriage issues
- Stress
- Trauma/PTSD
- Women’s issues

You have options.

MDLIVE – medical and behavioral/mental health virtual care.
888.726.3171

Cigna Behavioral Health also provides access to video-based counseling through Cigna’s network of providers. To find a provider:

- Visit myCigna.com, go to “Find Care & Costs” and enter “Virtual counselor” under “Doctor by Type”
- Call the number on the back of your Cigna ID card 24/7

To talk to a doctor, or schedule an appointment online, go to myCigna.com.