

# MOVING ON FROM GRIEF

Easy-to-use tools to get through life's toughest moments



## Feeling overwhelmed with loss\*

- Ann, mother of two grown children, quit job to take care of husband before he passed away.
- Returned to work part time to keep busy, but it hasn't been enough.
- Feels sad, lonely and exhausted.
- Daughter encourages her to see someone who could help with grief.



## Finding support on myCigna

- Decided to use "Therapist" option on [myCigna.com](#) welcome page.
- Picked grief and loss as treatment area and given several options to consider, including:
  - **Brightside\*\*** - provides virtual, personalized anxiety and depression care.
  - **Cigna's network** - with mental health providers who offer virtual, as well as in-person, visits.
  - **Ginger\*\*** - 24/7 on-demand coaching with trained mental health coaches.

## Working with licensed psychologist

- Chose Cigna's network of providers and selected a licensed psychologist who:
  - Was close by and able to offer in-person and virtual visits.\*\*\*
  - Had over 25 years' experience and favorable patient reviews.
- Attended in-person visits, which helped her identify feelings of loss and understand the grieving process, and gave her permission to cry.
- Received the tools she needed to cope with her emotions, and saw her life improve.

## What can we do for you?

Log in to myCigna to find the tools and resources you need to improve your emotional health.

Under the "Find Care & Costs" tab, select "Doctor by Type" and "Behavioral Health Counselor." From there you can:

- **See a local provider:** Search the directory to find an in-network behavioral health provider.
- **Go virtual:** Find resources for on-demand behavioral health support.

**Have more questions?** You can call us at the number on the back of your Cigna ID card 24/7/365.

**Together, all the way.®**



\* This example is for illustrative purposes only. Customer results will vary. \*\* Program services are provided by independent companies/entities and not by Cigna. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change. \*\*\* 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.

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