



UNIVERSITY OF RICHMOND

A Partnership between Human  
Resources and Health Promotion

**WE CAN**

**HELP YOU**

**WITH THAT**

**EXPLORE**  
behavioral health well-being resources for  
employees and their families.




**RESOURCES**  
to improve your quality of life.



## We can help in many ways!


Challenges to mental well-being come in many forms, and so do the ways we can work through them. Whether you need help reducing stress, are feeling motivated to make a change in your life, or need to talk to someone, Cigna and the University of Richmond offers a variety of behavioral support tools and services to help ensure you get the support that works best for you.

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 (Available to all employees)

 (Available to all employee, dependents and household members)

 (Available to all employees and dependents on the medical plan)

 [Click Here to Go to Website](#)

## University of Richmond's Onsite Behavioral Health Counselor

*(Available to all employees - [theresa.picone@richmond.edu](mailto:theresa.picone@richmond.edu), or via phone, 804-212-6916.)*

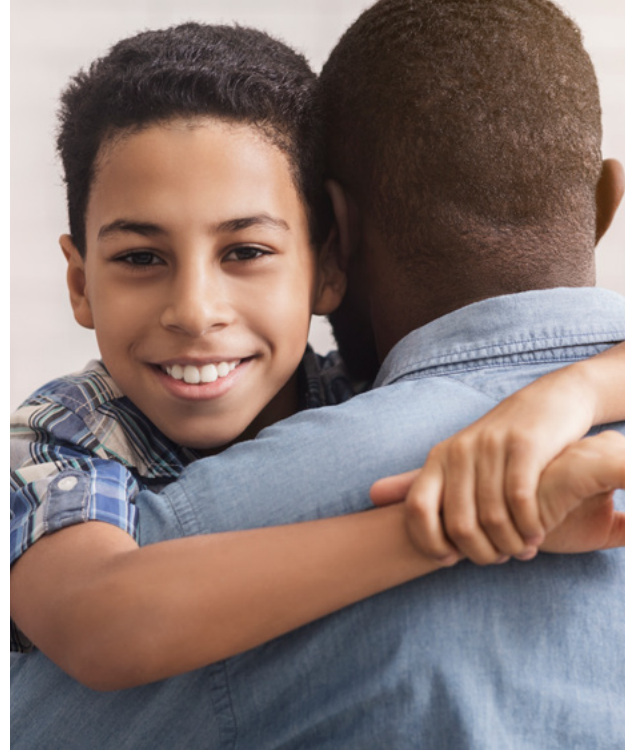
- ▶ Critical incident stress management services (natural disasters, employee deaths and disruptive events)
- ▶ EAP wellness seminars and participation in wellness events

## University of Richmond's New Well-Being Center

*(Available to all employees -363 College Rd 804-289-8200)*

The Well-Being Center plays a critical role in the health and well-being of our campus community.

It is a comprehensive and integrated facility that provides employees and students an environment to support, foster and grow both personal and professional well-being.



## Employee Assistance Program 24/7

*(Available to all employees, dependents and household members)*

Get up to 4 face-to-face (or virtual) sessions, per issue (which means each different concern can get 4 separate FREE sessions), per member, per year with a dedicated, licensed counselor at no cost to you. Start by calling or using live chat to get a referral. Through face-to-face or virtual sessions, get support on a range of topics, such as:

- Relationships and parenting
- Behavioral health and substance use
- Stress management

Through this program you can speak confidentially with a counselor up to 4 times per issue per year at no cost. Counselors are available to discuss a variety of topics and connect you and your household to community resources for additional support. Topics include: child care, senior care, education, pet care, legal support, identity theft, financial help, work-life balance, relationships, and more!

To use Talkspace with your EAP benefit go to [talkspace.com/EAPCigna](https://talkspace.com/EAPCigna) to register and create an account, then download the Talkspace app.



Call 1.877.622.4327.  
TTY/TDD users call  
877.486.2048 or 711.  
Connect through [myCigna.com](https://myCigna.com)  
Employer ID:  
richmond  
(For initial registration)



## Cigna Behavioral Health

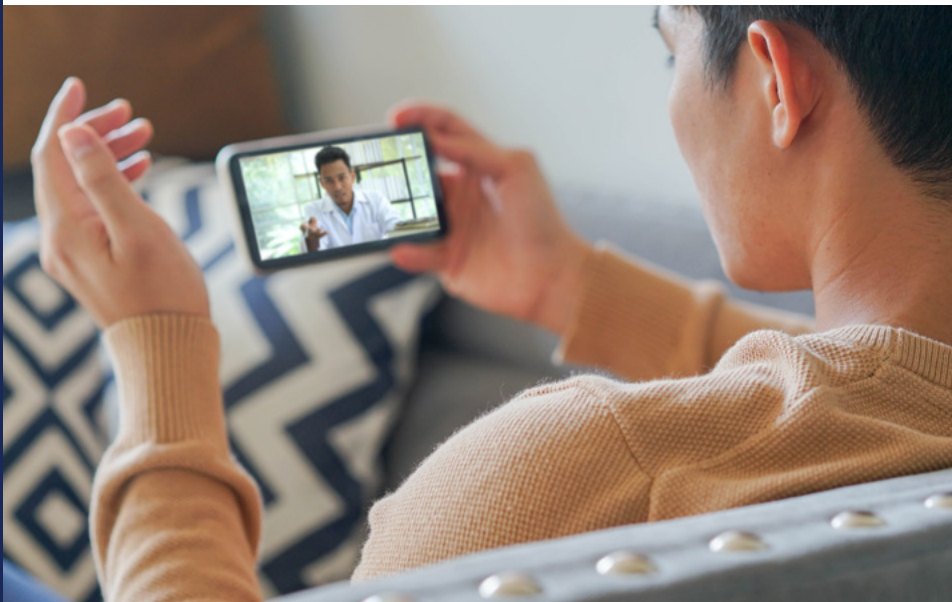
*(Available to all employees and dependents on the medical plan)*

These virtual care options are in the Cigna Behavioral Health network:

- Talkspace
- Meru Health
- MDLive
- MAP Health Management
- NOCD
- Sondermind
- Ginger

“Behavioral Health” in this context means the promotion of mental health, resilience, and wellbeing; the treatment of mental and substance use disorders; and the support of those who experience and/or are in recovery from these conditions, along with their families and communities.

Source: behavioral health definition CDC.



# HOW TO ENROLL

1

## mycigna.com Option:

1. Login to [myCigna.com](https://mycigna.com)
2. Click Find Care & Costs
3. Select Doctor by Type
4. Type in Behavioral Health Counselor
5. Make Selection from List or Skip
5. Choose Talk to a Behavioral Provider from Home
6. View Results.

2

## Direct Contact Option:

- ▶ Talkspace - Go to [talkspace.com/cigna](https://talkspace.com/cigna) to schedule an assessment. To use Talkspace with your EAP benefit go to [talkspace.com/EAPCigna](https://talkspace.com/EAPCigna) to register and create an account, then download the Talkspace app.
- ▶ MAP Health Management - Call 1.844.627.1449 to get started
- ▶ MDLive- Go to [MDLIVE.com](https://MDLIVE.com) to get started or 888.726.3171
- ▶ Meru Health - Go to [meruhealth.com/cigna](https://meruhealth.com/cigna) to schedule a free screening session.
- ▶ NOCD - Go to [treatmyocd.com](https://treatmyocd.com) to get started and sign up for a free assessment.
- ▶ Ginger - Go to [ginger.com/cigna](https://ginger.com/cigna) to learn more.


You may access services from Talkspace, Meru, MDLive, Sondermind, Ginger and NOCD on [myCigna.com](https://myCigna.com) or by contacting them directly.



## More information on the virtual care options are in the Cigna Behavioral Health network:


- **Talkspace**

*(Available to all employees, dependents and household members)*

Customers can utilize their behavioral benefits to virtually connect with a Talkspace licensed therapist via live video and private texting as well as to access online resources via the Talkspace app. The platform is fully HIPAA-compliant. Talkspace treats a wide range of behavioral conditions including stress, depression, anxiety, relationships, PTSD, grief, addiction, eating disorders and more. Services available for ages 13 and above. Customers need to go to the Cigna specific Talkspace link ([talkspace.com/cigna](https://talkspace.com/cigna)) to schedule an assessment. To use Talkspace with your EAP benefit go to [talkspace.com/EAPCigna](https://talkspace.com/EAPCigna) to register and create an account, then download the Talkspace app. 

- **Meru**

*(Available to all employees and dependents on the medical plan)*

Meru Health offers a 12-week virtual counseling program for people suffering from depression, anxiety or burnout. The program includes live virtual counseling with a licensed therapist as well as private texting. Meru's app also offers access to an online peer support community educational resources. Ongoing check-ins available as needed. For ages 18 and above. Customers need to go to the Cigna specific Meru Health site ([meruhealth.com/cigna](https://meruhealth.com/cigna)) to schedule a free screening session.  Meru Health




- **Virtual MDLIVE Behavioral**

*(Available to all employees and dependents on the medical plan)*

MDLIVE offers online video conferencing by smartphone, tablet or computer. Licensed counselors, board-certified doctors and psychiatrists can diagnose, treat and prescribe most medications for non-emergency medical and behavioral conditions. Please refer to your plan documents for the cost of an MDLIVE visit. Schedule an appointment with an MDLIVE provider or licensed therapist on [myCigna.com](https://myCigna.com) call MDLIVE 24/7 at 888.726.3171. **MDLIVE**

- **MAP Health Management**

*(Available to all employees and dependents on the medical plan)*

Peer Recovery Support - MAP Care Solutions offers certified peer recovery support specialists to help individuals achieve & sustain long-term recovery from substance use disorder. 24/7 web-based and phone support available for Cigna behavioral customers, including family members. For ages 13 and above. Customers can call 1.844.627.1449 to get started.  **MAP** Care Solutions™

- **NOCD**

*(Available to all employees and dependents on the medical plan)*

NOCD offers virtual live therapy, and app-based digital tools, for the treatment of obsessive compulsive disorder (OCD) via Mindfulness and Exposure Response Prevention (ERP) therapy - a treatment commonly used to help those with OCD. Most users experience a significant reduction in symptoms in eight weeks. For ages 6 and up. Customers can go to [treatmyocd.com](https://treatmyocd.com) to get started and to sign up for a free assessment.  **nocd**

- **SonderMind**

*(Available to all employees and dependents on the medical plan)*

SonderMind connects you directly to licensed therapists based on your unique needs. Get matched with a local therapist today for online video or in-person therapy sessions.  **sondermind**®



- **Ginger**

*(Available to all employees and dependents on the medical plan)*

Ginger offers confidential mental healthcare through behavioral health coaching via text-based chats, self-guided learning activities and content, and, if needed, video-based therapy and psychiatry. Coaches can help with any issue you're struggling with such as stress, anxiety, depression, issues with work, relationships, sleep, and more. **ginger**

- **iPrevail**

*(Available to all employees and dependents on the medical plan)*

iPrevail offers on-demand peer coaching and personalized learning. iPrevail provides tools and support to help you manage and control your thought patterns and emotions, with the goal of improved relationships and a happier and stronger you. **iPrevail**

- **Happify**

*(Available to all employees and dependents on the medical plan)*

Happify offers a free app with science-based games and activities that are designed to help defeat negative thoughts, gain confidence, reduce stress and anxiety. Happify's activities and games are designed to help overcome life's challenges and can be accessed at anytime. **happify**  
HEALTH



## Other Resources

● Go to - [Cigna.com](https://www.cigna.com)

*(Available to all employees, dependents and household members)*

- **Managing Stress Toolkit**

### **Changing Lives by Integrating Mind and Body® (CLIMB)**

The CLIMB program helps to incorporate mindfulness and stress management in your everyday life. Learn to live more fully in the moment using our mindfulness and stress management podcasts.

### **Veterans Support**

The Veteran Support Line provides a wide range of assistance for veterans, as well as their caregivers and families, whether they are Cigna customers or not. The Support Line is free and available 24/7/365 at 855.244.6211.

- **Behavioral Awareness Series Support**

Mental Health Resources are available such as the Behavioral Awareness Series Support. Free monthly seminars on topics including autism, eating disorders, substance use, children and families.



## Lifestyle Management Programs

*(Available to all employees and dependents on the medical plan)*

Work with a coach to set personalized goals to manage weight, stress, or quit tobacco. These coaching programs are available to all University of Richmond employees by phone at 800.Cigna24 or online at [myCigna.com](https://myCigna.com).

- **Cigna Condition Support Coaching**

Work with a coach to set personalized goals to improve your health or manage a chronic condition. Get started by phone (1.800.Cigna24) or online at [myCigna.com](https://myCigna.com). Support is available for a variety of topics:

- Mental Health (depression, anxiety, bipolar disorder.)
- Sleep issues
- Low back pain
- High blood pressure
- COPD and asthma
- Heart failure
- Physical activity
- Nutrition

## My Health Assistant

*(Available to all employees and dependents on the medical plan)*


[myCigna.com](https://myCigna.com) Under the Wellness tab

My Health Assistant assists employees and dependents with online coaching powered by WebMD. It's fun and motivating and can help you reach big health and wellness goals in small, easy-to-do steps. My Health Assistant breaks down goals into smaller manageable steps.

- It's designed using methods for positive behavior change
- Goals can be repeated or new ones selected to support healthy habits



University of Richmond's Onsite Behavioral Health Counselor	University of Richmond's Well-Being Center	Employee Assistance Program (EAP)	Talkspace	Managing Stress Toolkit
<p>The University of Richmond has an onsite Behavioral Health Counselor available on campus to support you and your well-being. Theresa Picone is our dedicated Counselor and will be on campus once a week at the Well-Being Center (Room W405) to provide confidential in-person support at no cost to UR employees. You may contact Theresa via email, <a href="mailto:theresa.picone@richmond.edu">theresa.picone@richmond.edu</a>, or via phone, 804-212-6916. Additional information can also be found on our website!</p>	<p>Onsite at the University of Richmond (Available to all employees 363 College Rd 804-289-8200)</p>	<p>Call 1.877.622.4327. Telecommunications Device for the Deaf/TeleTypewriter users call 877.486.2048 or 711. Connect through <a href="http://myCigna.com">myCigna.com</a> Employer ID: Richmond (For initial registration) To use Talkspace with your EAP bene it go to <a href="http://talkspace.com/EAPCigna">talkspace.com/EAPCigna</a> to register and create an account, then download the Talkspace app.</p>	<p>Visit <a href="http://myCigna.com">myCigna.com</a>, go to "Find Care &amp; Costs" and enter "Virtual counselor" under Doctor by Type. Go to <a href="http://www.talkspace.com/cigna">www.talkspace.com/cigna</a> to schedule an assessment. To use Talkspace with your EAP benefit go to <a href="http://talkspace.com/EAPCigna">talkspace.com/EAPCigna</a> to register and create an account, then download the Talkspace app.</p>	<p>Visit <a href="http://Cigna.com">Cigna.com</a></p>
Changing Lives by Intergrating Mind and Body (CLIMB)	Veterans Support	Behavioral Awareness Series Support	Ginger	Meru Health
<p>Visit <a href="http://Cigna.com">Cigna.com</a></p>	<p>Visit <a href="http://Cigna.com">Cigna.com</a></p>	<p>Visit <a href="http://Cigna.com">Cigna.com</a></p>	<p>Visit <a href="http://myCigna.com">myCigna.com</a>, Go to "Find Care &amp; Costs" and enter "Virtual counselor" under Doctor by Type. Download the free Ginger app and visit <a href="http://ginger.com/cigna">ginger.com/cigna</a> to learn more.</p>	<p>Visit <a href="http://myCigna.com">myCigna.com</a>, go to "Find Care &amp; Costs" and enter "Virtual counselor" under Doctor by Type. Go to the Cigna specific Meru Health site (<a href="http://www.meruhealth.com/cigna">www.meruhealth.com/cigna</a>) to schedule a free screening session.</p>
MDLIVE	NOCD	MAP Health Management	iPrevail	Happify
<p>Visit <a href="http://myCigna.com">myCigna.com</a>, go to "Find Care &amp; Costs" and enter "Virtual counselor" under Doctor by Type. Go to <a href="http://www.MDLIVE.com">www.MDLIVE.com</a> or call 888.726.3171</p>	<p>Visit <a href="http://myCigna.com">myCigna.com</a>, go to "Find Care &amp; Costs" and enter "Virtual counselor" under Doctor by Type. Go to <a href="http://treatmyocd.com">treatmyocd.com</a> to get started and to sign up for a free assessment</p>	<p>Visit <a href="http://myCigna.com">myCigna.com</a>, go to "Find Care &amp; Costs" and enter "Virtual counselor" under Doctor by Type. Or call 844.627.1449 to get started.</p>	<p>Go to <a href="http://myCigna.com">myCigna.com</a> for more details.</p>	<p>Sign up and download the free app <a href="http://happify.com/Cigna">happify.com/Cigna</a></p>
Sondermind	Find a Provider on myCigna.com	Lifestyle Management Programs	Condition Support Coaching	My Health Assistant
<p>Visit <a href="http://myCigna.com">myCigna.com</a>, go to "Find Care &amp; Costs" and enter "Virtual counselor" under Doctor by Type.</p>	<p>Visit <a href="http://myCigna.com">myCigna.com</a></p>	<p>Call 800.Cigna24 or 855.246.18736 or visit <a href="http://myCigna.com">myCigna.com</a></p>	<p>Call 800.Cigna24 or 855.246.18736 or visit <a href="http://myCigna.com">myCigna.com</a></p>	<p>Visit <a href="http://myCigna.com">myCigna.com</a> to enroll online, visit <a href="http://myCigna.com">myCigna.com</a> &gt; Wellness &gt; My Health Assistant</p>

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