

NEW!



ginger



headspace

Your everyday **mental health** app...

Headspace brings together its world-renowned meditation and mindfulness programs with Ginger's virtual mental healthcare.



Meditation Made Simple



Stress Less In Minutes



Put Your Mind To Bed



Have more good days with support for stress, sleep, and all of life's moments.



Visit myCigna.com for more information.



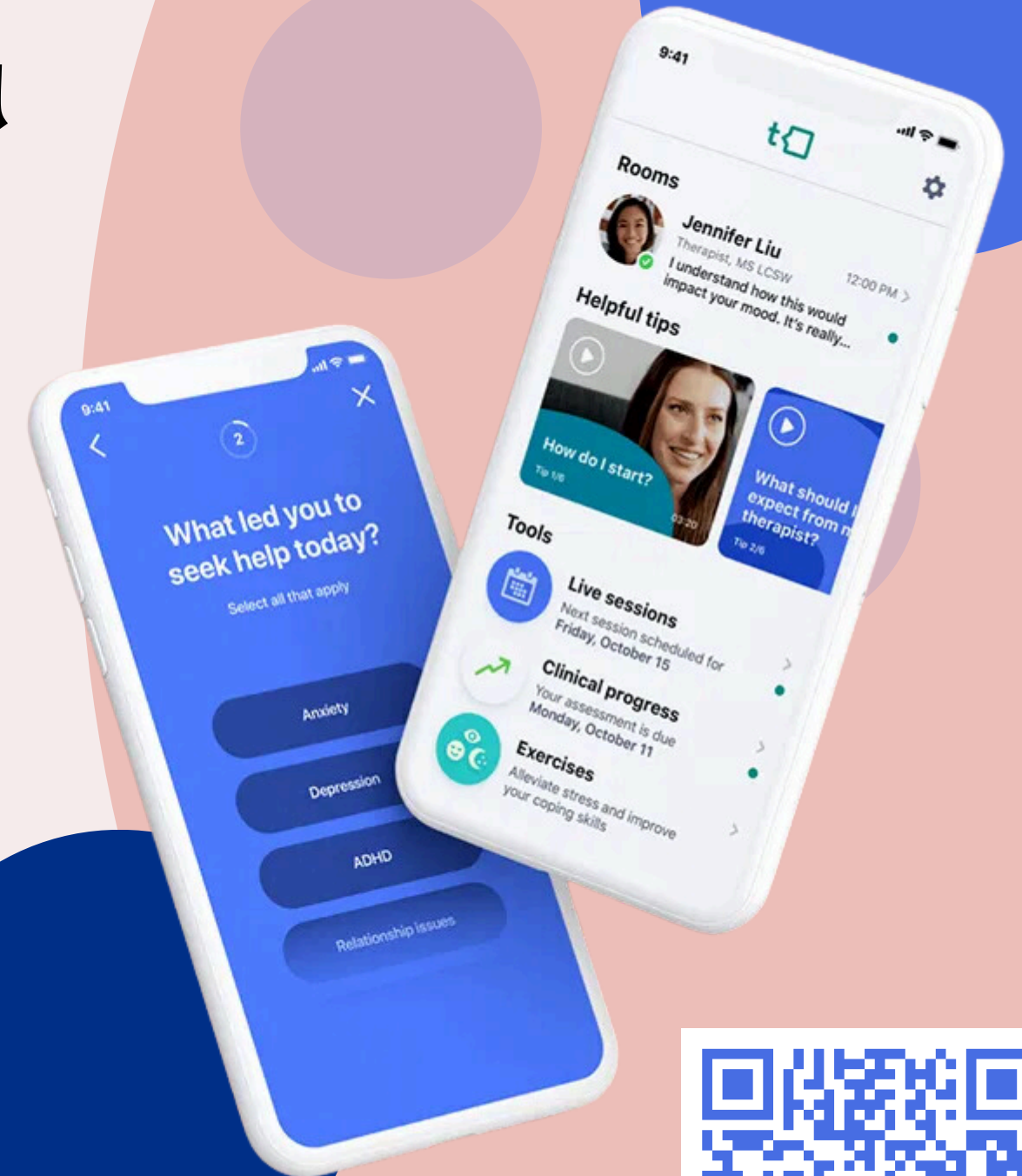


Therapy When It's Convenient For You

Taking care of your mental health has never been more accessible or convenient.



- Licensed Therapists
- Text, voice, and video messaging options
- Convenient Access
- Tailored therapy plans to fit individual needs
- Progress Tracking
- 24/7 Availability



Visit talkspace.com/eapcigna to get started.

