

THE SUPPORT YOU NEED. ANYTIME, ANYWHERE.

We're adding Talkspace to help connect you to licensed therapists – now by messaging.

Cigna is making emotional health services more accessible to you by adding **Talkspace**¹ to the Employee Assistance Program (EAP) network. Now, you can connect with licensed behavioral therapists through asynchronous messaging or live sessions.

To get started:

- Before you begin counseling, be sure to get your **EAP Code** by calling Cigna EAP or going to the [EAP Coverage Page](#). From there, use the easy 'Get Your Code' feature under 'Visit an EAP counselor' in the Emotional Health tile.
- Go to [Talkspace.com/EAPCigna](https://talkspace.com/EAPCigna) to register under the Cigna EAP. In the Organization field, you would enter the information shown at the bottom of this message.

Your EAP covers a set number of no cost sessions per issue per year – whether you access one of our EAP network counselors for in-person or virtual sessions² or if you use Talkspace. If you use Talkspace for asynchronous messaging, each week of engagement equates to one EAP session (regardless of how many messages you send). If you need to continue beyond what is available under the EAP, the Talkspace therapist will assist you with a seamless transition to benefit coverage or self-pay.

Get real support for real life with Cigna EAP.

[Get started today!](#)

During registration, for Organization name use
your Employer ID:baltimore

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1. 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.

2. Cigna provides access to virtual care through national telehealth providers are part of your plan. This service is separate from your health plan's network and may not be available in all areas.

Employee assistance program services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Program availability may vary by plan type and location, and are not available where prohibited by law.

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To request onsite support for a critical incident please call EAP directly and follow the prompts for "Manager". Request to be connected to an EAP Consultant who can start the process immediately. If you are unsure of your EAP phone number, please call [1.877.622.4327](tel:18776224327) and you will be directed.
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