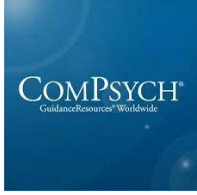






TEXT-BASED COUNSELING SERVICES

Service	Eligibility	Description
	<ul style="list-style-type: none"> ▶ All employees and household members ▶ Ages 13+ 	<ul style="list-style-type: none"> ▶ Real-time, scheduled chat counseling sessions provided by licensed counselors and available through a secure portal ▶ Participants can text their counselors directly on a 24/7 basis, if currently seeing a provider ▶ Learn more by visiting GuidanceResources (ID: NVIDIA).
	<ul style="list-style-type: none"> ▶ Cigna members ▶ Dependents ages 13+ 	<ul style="list-style-type: none"> ▶ Send private messages to, or hold live video sessions with, your dedicated therapist through a secure digital app platform ▶ Recommends three therapists based on matching your preferences ▶ Learn more by visiting myCigna.com.
	<ul style="list-style-type: none"> ▶ Cigna members in CA, AZ, CO ▶ Dependents ages 18+ 	<ul style="list-style-type: none"> ▶ 12-week live virtual counseling support for depression, anxiety, or burnout ▶ App-based treatment program that includes private texting, online peer community ▶ Learn more by visiting myCigna.com.
	<ul style="list-style-type: none"> ▶ Cigna members ▶ Dependents ages 18+ 	<ul style="list-style-type: none"> ▶ Confidential mental healthcare through behavioral health coaching via text-based chats, self-guided learning activities and content, and video-based therapy and psychiatry ▶ Learn more by visiting myCigna.com.
	<ul style="list-style-type: none"> ▶ Cigna members in CA, MI, NC ▶ Dependents ages 6+ 	<ul style="list-style-type: none"> ▶ Personalized treatment for obsessive compulsive disorder through virtual therapy, app-based digital tools, texting ▶ Learn more by visiting myCigna.com.