

# CIGNA HEALTHY YOU NEWSLETTER



County of Orange

## Special Points of Interest:

- *Introduction*
- *Behavioral Health through Telehealth*
- *New Cigna Behavioral Health Providers*
- *MyStrength*
- *Coaching with Holly*
- *Healthy Recipe*

## INTRODUCTION

Welcome to the first edition of the Cigna Healthy You Newsletter.

Within these pages you will find some helpful tips on a variety of subjects that will help with life's challenges. You will also learn about great resources available to Cigna customers and sometimes other County plans.

Get your chefs hat ready for some delicious recipes that will be included in every newsletter.

The newsletter will end with a Q&A section for you, the employee. Send your Cigna and health related questions to:

**YourCountyBenefits@Cigna.com.**

## BEHAVIORAL HEALTH THROUGH VIRTUAL CARE

Did you know you could access behavioral health services through virtual care.

You can use your smartphone, tablet or computer with camera for virtual counseling.

You can schedule virtual counseling appointments based on your provider's availability. Depending on your reason for treatment, your provider might require that you be seen face-to-face first.

Access this care as part of your behavioral health benefits under your employer's health

plan. Your out-of-pocket cost is the same as a behavioral health outpatient office visit.

Virtual counseling is video-based and does not require a prior authorization because it's seen as a substitute for face-to-face therapy. However, if phone sessions are needed, a prior authorization is required.

To connect with a virtual counselor in the Cigna Network go to [myCigna.com](https://myCigna.com)

and go to the "Find Care & Cost" tab. Search for "Virtual Counselor" under

"Doctor by Type". If you need assistance finding a provider call 800.244.6224.

## Tips Corner

Tips for Working from Home

- ◆ Organize your day
- ◆ Create a dedicated office space
- ◆ Practice mindful eating
- ◆ Be aware of distractions
- ◆ Take breaks
- ◆ Connect with teammates
- ◆ Dress for success
- ◆ Mind ergonomics
- ◆ Build Motivators
- ◆ Schedule childcare shifts if you have a family member who can help



## NEW BEHAVIORAL HEALTH PROVIDERS FOR CIGNA MEMBERS

### Talk Space

Connect with a licensed therapist or psychiatrist online by video or text using Talkspace, available for Cigna Behavioral customers ages 13 and up.

To schedule and assessment, go to

[talkspace.com/Cigna](https://talkspace.com/Cigna)

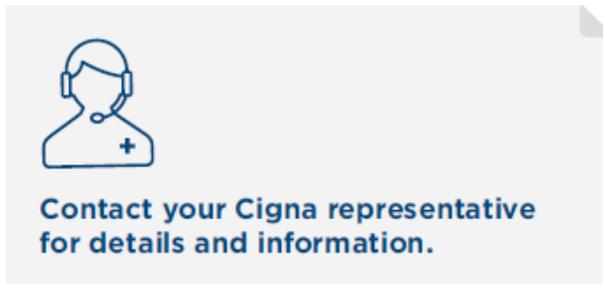
### NOCD

Get personalized treatment for obsessive compulsive disorder (OCD) through virtual therapy and app-based digital tools, including texting with a therapist. Available to Cigna Behavioral customers ages 6 and up.

### Meru Health

This 12-week virtual counseling program offers support for people suffering from depression, anxiety or burn-out. The program includes live virtual counseling and private texting with licensed therapist, as well as an online peer support community and other educational resources for ages 18 and above.

To schedule your free screening session, go to [meruhealth.com/Cigna](https://meruhealth.com/Cigna)



## MYSTRENGTH PROGRAM - HELP WITH EMOTIONAL WELLBEING

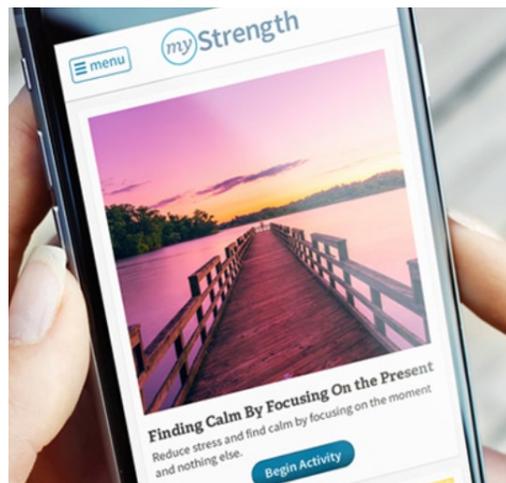
Looking for some extra inspiration? MyStrength can help. You can read articles, watch inspiring videos and try eLearning programs tailored to help with:

- Anxiety and depression
- Stress
- Substance misuse

- Chronic pain and more.

It is easy to sign up. You can access the MyStrength program through the Employee Assistance Program provided through Aetna Resources for Living.

Go to [resourcesforliving.com](https://resourcesforliving.com) for more information.



## COUNTY COACHING WITH HOLLY

Are you are interested in working on a wellness goal with a coach? Did you know you have a free coach available at the County? Holly Lattimer is the onsite Cigna coach who is available to all County employees. Her office is located at County Administration South 601 N. Ross. St. in the Employee Wellness Center.

Holly is available Monday – Friday from 8am to 4pm  
You can reach Holly by email at [Holly.Lattimer@cigna.com](mailto:Holly.Lattimer@cigna.com) or by phone at 949-459-0634.



## HEALTHY RECIPE: LEMON GARLIC ASPARAGUS

**Yield: Serves 4 (serving size: about 3 ounces asparagus)**

### Ingredients

- ◆ 2 teaspoons olive oil
- ◆ 1 pound trimmed asparagus
- ◆ 1 garlic clove, minced
- ◆ 1 teaspoon fresh lemon juice
- ◆ 1/4 teaspoon freshly ground black pepper
- ◆ 1/8 teaspoon kosher salt

### Instructions

Heat a large skillet over medium-high heat. Add olive oil to pan; swirl to coat. Add asparagus; sauté 3 minutes or until crisp-tender. Add minced garlic; cook 1 minute, stirring occasionally. Remove from heat. Add lemon juice, pepper and salt; toss to coat.



### Nutritional information Amount per serving

- › Calories: 45
- › Saturated fat: .4 g
- › Fat: 2.4 g
- › Sodium: 63 mg

## QUESTION CORNER

In this section I will be answering questions I receive from the County employees. These questions can be about anything Cigna related or health and wellness related.

Send your questions to [YourCountyBenefits@cigna.com](mailto:YourCountyBenefits@cigna.com)