

Moving beyond stress and burnout.

A simpler mental health journey for employees.

In today's rapidly evolving landscape, employees are navigating a storm of challenges, both professionally and personally. The rising tide of anxiety, stress, and burnout not only takes a toll on individual health and well-being but can also have a substantial impact on organizational health. The result: Lower productivity, increased absenteeism, decreased employee satisfaction, and higher turnover rates for businesses.

Consider these startling facts:

39%

of workers say work-related stress and burnout are a top factor impacting their mental health.¹

35%

less productivity from workers with ongoing depression.²

25%

of Americans describe their own mental health as fair or poor.³

NEARLY
1/4

Americans experienced mental illness in the past year.⁴

55%

of those are not getting the care they need.⁵

There is no denying the significant impact of burnout and stress on productivity and business. In fact, an average of **4.8 workdays** per employee are lost every year as a direct result.⁶ Workers increasingly expect their employers to play a role in improving mental health,⁷ and there is a clear need not only for behavioral health care, but also for simplicity of access and navigation.

Employees need real support right now — perhaps more than ever before.

At Cigna Healthcare,SM we believe a healthy mind is the foundation of a thriving workplace. And we offer a variety of solutions to make behavioral health simple, personal, and more affordable.

Cigna Healthcare ensures that employees find the right help, when they need it. Here's how.



Assistance anytime, anywhere.

Life's challenges don't clock out at 5 pm. Neither do we. Whether it's a late-night distress call or an urgent question, our accessible 24/7/365 customer service ensures employees can connect with a Care Navigator to access personal support, anytime, and anywhere — including clinical help. Employees can receive unlimited in-the-moment consultations lasting up to 60 minutes each with a licensed clinician. In addition, digital access via myCigna® means resources and help are just a click or a tap away.



User-friendly experience.

Seeking mental health support can be daunting. Our seamless, user-friendly digital interface helps make it easier for employees to access and navigate the care they need. Plus, they receive fast access to appointments.



Enhanced levels of support and in-the-moment care.

Life is full of surprises. Preparedness is key to ensuring employees are best equipped to handle them. From virtual therapy and psychiatry services to digital behavioral health tools, employees can receive faster time to care and in-the-moment support, even when circumstances are unpredictable. Plus, their Care Navigator will be there 100% of the time to follow up, ensure their needs are being met, and confirm they've connected to the care they need.



Personalized digital guidance.

The journey to better mental health is unique for every individual. Our digital assessments offer an easy entry point for employees to share concerns, challenges, and preferences for treatment — so that care recommendations and support can be tailored to their individual needs. Through telephone consultations, digital apps, or click-to-chat sessions, employees can find consistent, convenient care that's the best fit for them.

Easy access to behavioral health support is not just a convenience. It's a necessity.

Behavioral health support is critical to helping employees overcome the challenges that impact productivity and turnover across the workforce. By simplifying the path to improved well-being, it's possible to empower employees and their loved ones to navigate life's challenges with greater strength and confidence.



UP TO
\$2,565

in savings when Cigna Healthcare customers who are newly diagnosed with a behavioral condition receive treatment.⁸



Put support within in reach for employees with Cigna Healthcare behavioral health solutions. Speak with your Cigna Healthcare representative or broker today.

YOUR NEW GROWTH PLAN

1. [2023 state of workforce mental health report \(Lyra\)](#)
2. Leonhardt, Meghan. "Workplace mental health benefits can reduce sick days, increase productivity—and even provide savings for employers." Fortune Well. June 9, 2022.
3. Cigna Healthcare 2020 U.S. Loneliness Index.
4. [2021 National Survey on Drug Use and Health, U.S. Department of Health and Human Services' \(HHS\) Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#). Jan. 2023.
5. Mental Health America. "2023 Key Findings." The State of Mental Health in America | Mental Health America (mhanational.org)
6. CDC, "Depression Evaluation Matters." [cdc.gov/workplacehealthpromotion/healthstrategies/depression/evaluation-measures/index.html](#), Page last reviewed April 27, 2022.
7. Aaronson-Mele, Morra. "Navigating Mental Health in a Multigenerational Workplace." Harvard Business Review. October 24, 2023. [https://hbr.org/2023/10/navigating-mental-health-in-a-multigenerational-workplace](#)
8. Evernorth Health Services. Behavioral health insights. Book of business claims data, January 1, 2020, through December 31, 2020. Results may vary.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna Healthcare representative.

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