

# Wellness Apps and Resources Guide

Body:

Listed are a variety of wellness apps and other resources, some of which are offered through Cigna, that may assist with your mental health and well being.

## Happify App

### Happify



[Learn more about Happify](#)

<b>Cost</b>	<b>Free</b> - sponsored by Cigna
<b>What does it offer?</b>	<ul style="list-style-type: none"><li>• 60+ interactive programs</li><li>• Self-reflection activities</li><li>• Games</li><li>• Articles</li><li>• Audio content</li><li>• Webinars and more</li></ul>
<b>What can it help with?</b>	<ul style="list-style-type: none"><li>• Defeating negative thoughts</li><li>• Gaining confidence</li><li>• Reducing stress and anxiety</li><li>• Increasing mindfulness and emotional well-being</li><li>• Boosting health and performance</li></ul>

<b>How do you sign up?</b>	Download the app - answer a set of brief questions about yourself
<b>Communication method</b>	Can use app or web browser
<b>Other information</b>	As you complete wellness assessments, games, and learning, you can earn points to enter for a chance to win valuable prizes

## iPrevail from Cigna

### iPrevail

[Learn more about iPrevail](#)

<b>Cost</b>	<b>Free</b> - sponsored by Cigna
<b>What does it offer?</b>	Digital therapeutics platform designed by experienced clinicians. Includes 1:1 coaching, support communities, and online wellness activities.
<b>What can it help with?</b>	<ul style="list-style-type: none"> <li>• Anxiety and loneliness</li> <li>• Reduce negativity and feelings of depression</li> <li>• Decrease stress from relationships, work, school, daily life</li> <li>• Build resilience and positivity</li> </ul>
<b>How do you sign up?</b>	Sign up at <a href="https://www.iprevail.com/cigna">https://www.iprevail.com/cigna</a> . Take assessment, start program.

<b>Communication method</b>	Web browser or smart phone
<b>Other information</b>	Participate in support communities, enroll in additional health programs, earn rewards. Earn points toward Amazon.com gift cards on iPrevail.

## Virgin Pulse

## Virgin Pulse



[Review the Virgin Pulse procedures.](#)

<b>Cost</b>	<b>Free</b> - sponsored by Salal
<b>What does it offer?</b>	Personalized sleep guide, sleep tracking, and personalized tips, resources, and goals.
<b>What can it help with?</b>	Sleep Guide
<b>How do you sign up?</b>	Fill out assessment to create a personalized sleep guide/profile
<b>Communication method</b>	Web browser or smart phone

<b>Other information</b>	Track sleep through various devices that Virgin Pulse is compatible with. Earn points to earn rewards. The more you track and sleep, the more you earn.
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**Mindshift App**

**Mindshift App**



[Learn more about Mindshift](#)

<b>Cost</b>	<b>Free</b>
<b>What does it offer?</b>	<ul style="list-style-type: none"> <li>• Daily check-ins</li> <li>• Guided meditation</li> <li>• Tips and resources</li> </ul>
<b>What can it help with?</b>	Information on the nature of and signs of anxiety, panic attacks, phobias, and perfectionism
<b>How do you sign up?</b>	Download the app and answer a set of brief questions about yourself
<b>Communication method</b>	Web browser or smart phone
<b>Other information</b>	Developed by Anxiety BC, a non-profit organization in Canada

## Ginger App

## Ginger App



[Learn more about Ginger](#)

<b>Cost</b>	<p>Access includes 30 days of unlimited behavioral health coaching, content library for cost similar to a doctor's visit.</p> <p>Out of pocket costs determined by benefit plan. Use of medical benefits through Cigna.</p> <p>Same co-pay or co-insurance as having an in-person visit with a provider.</p> <p>Can be paid through HSA or FSA fund (not limited purpose FSA).</p>
<b>What does it offer?</b>	<ul style="list-style-type: none"><li>• Behavioral health coaching</li><li>• Resources such as reading, podcasts, self-guided activities</li><li>• Personalized content</li><li>• Referral to video-based therapy with licensed therapist/psychiatrist</li></ul>
<b>What can it help with?</b>	<ul style="list-style-type: none"><li>• Stress</li><li>• Anxiety</li><li>• Depression</li><li>• Issues with work, relationships, sleep, and more</li></ul>

<b>How can you sign up?</b>	Create an account through the app - need name, date of birth, and Cigna member ID
<b>Communication method</b>	Text-based chats, self-guided activities and content
<b>Other information</b>	If needed, can connect with a licensed therapist/psychiatrist via video based therapy. Support is available 24/7/365.

## Wellspring EAP

## Wellspring EAP

[Find out more about Wellspring EAP.](#)

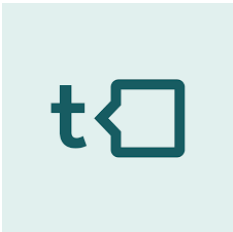
[Visit the Wellspring site.](#)

<b>Cost</b>	<b>Free</b> - sponsored by Salal
<b>What does it offer?</b>	Up to three in-person or virtual (text, video, telephone) meetings with a counselor
<b>What does it help with?</b>	<ul style="list-style-type: none"> <li>• Legal assistance</li> <li>• Financial counseling</li> <li>• Emotional support</li> <li>• Dealing with aging parents</li> <li>• Finding child care</li> <li>• Coping with grief or loss</li> <li>• Managing stress</li> <li>• Managing depression</li> <li>• Sleep</li> <li>• Finding Balance, and more</li> </ul>
<b>How do you sign up?</b>	Determine service needed and call Wellspring

<b>Communication method</b>	Website, telephone
<b>Other information</b>	Website has webinars, Sleep Health Guide and activities/health tools, recipes, videos, articles

## Talkspace

## Talkspace



[Learn more about Talkspace](#)

<b>Cost</b>	<p>Use of Medical benefits through Cigna.</p> <p>Same co-pay or co-insurance as having an in-person visit with a provider. Can be paid through HSA or FSA fund (not limited purpose FSA).</p>
<b>What does it offer?</b>	<ul style="list-style-type: none"> <li>• Tele-behavioral health online therapy platform</li> <li>• Evaluations and psychiatry medication management</li> <li>• Couples therapy</li> </ul>

<p><b>What can it help with?</b></p>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Addiction</li> <li>• Family</li> <li>• Relationships</li> <li>• Work stressors and many more issues</li> </ul>
<p><b>How do you sign up?</b></p>	<p>Download the app and fill out info indicating needs and preferences for therapy. Get matched with three potential therapists based on preferences. Select preferred match and begin therapy the same day.</p>
<p><b>Communication method</b></p>	<p>App or web browser. Private messages, voice messages, or hold live video sessions with dedicated therapist.</p>
<p><b>Other information</b></p>	<p>Therapists engage daily</p>

**MDLIVE**

**MDLIVE**



<https://mdlnext.mdlive.com/home>



<b>Cost</b>	<p>Account creation is free, and the out of pocket cost depends on insurance coverage.</p> <p>Cigna is accepted and could be paid for using HSA fund.</p>
<b>What does it offer?</b>	<ul style="list-style-type: none"> <li>• Urgent Care</li> <li>• Behavioral Health Therapy</li> <li>• Behavioral Health Psychiatry</li> <li>• Dermatology</li> </ul>
<b>What can it help with?</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Relationships</li> <li>• Addiction</li> <li>• Health</li> <li>• Depression</li> <li>• Daily life</li> <li>• Skin care</li> <li>• Preventive care</li> </ul>
<b>How do you sign up?</b>	<p>Create an account either through the web browser or app. Someone will call within a few minutes to help set up your first appointment based on your needs.</p>
<b>Communication method</b>	<p>Phone or video call</p>
<b>Other information</b>	<p>When you open the app, it notifies you how long the wait time is to speak with a doctor.</p>

## Change Log

<b>Version</b>	<b>Date</b>	<b>Revised By</b>	<b>Description</b>
1.0	3/16/2022	S Gilbert	New resource created
1.1			
1.2			

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