

Behavioral Virtual Providers

General Mental Health/Substance Use Disorder
(anxiety, depression, burnout, relationships, stress, work issues)



Provider ¹	Alma	Brightside	growtherapy	Headway
	secure.helloalma.com/providers-landing All ages	brightside.com/insurance Ages 18+	growtherapy.com All ages	headway.co All ages
Description	Alma connects you with a diverse national network of therapists and psychiatrists who fit your budget, schedule and needs. Search Alma's directory by age, gender, race, ethnicity, sexual orientation, specialty, therapeutic style, specific concerns and more. In-person and virtual sessions are available.	Brightside offers personalized anxiety and depression care from the comfort of home, with evidence-based therapy, medication and support of expert providers at every step.	Grow's mission is to get more people into therapy by bridging the gap between therapists and people seeking mental health care. Customers can search for and choose a unique, qualified therapist who identifies with them and specializes in the areas of their life that they would like to focus on. In-person and virtual sessions are available.	Headway is an online virtual and in-person therapy and medication management service that matches licensed mental health practitioners with patients based on their unique needs. Customers are able to book appointments in real time.
Messaging capabilities		✓	✓	
Live video therapy	✓	✓	✓	✓
State availability²	Nationwide ^{*,**}	Nationwide ^{**}	42 states [*]	Nationwide ^{*,**}
Confide	✓	✓	✓	✓
Employee Assistance Program			✓	✓
Relative cost (per week)³ Not for EAP services	\$\$\$	\$\$\$	\$\$\$	\$\$\$
Customer cost	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim.	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim.	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim.	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim.

Relative cost: \$ = \$70 or less | \$\$ = \$71-\$90 | \$\$\$ = \$91-\$125 | \$\$\$\$ = \$126+

Behavioral Virtual Providers



General Mental Health/Substance Use Disorder
(anxiety, depression, burnout, relationships, stress, work issues)

Provider ¹	MDLIVE <small>An Evernorth Company</small> mdlive.com/EvernorthBehavioralCare Ages 10+	meru health meruhealth.com/cehealth Ages 18+	Rula www.rula.com/partner Ages 13+	sondermind [®] sondermind.com/coveredcare All ages	talkspace talkspace.com/covered Ages 13+
Description	MDLIVE allows users to talk to a therapist or psychiatrist via video only (for behavioral services). These providers can provide therapy, diagnose, treat and prescribe medications for many common mental health conditions during non-emergency situations. Users do not gain direct access to a provider; they need to schedule a day/time for their appointment.	Meru Health is an app-based treatment program for depression, burnout and anxiety that combines technology, evidence-based therapy and daily support from licensed clinicians to help people improve their mental health.	Rula, formerly Path, matches you with a high-quality licensed therapist who's right for you based on what you're looking for (e.g., gender, race, specialty). Video appointment availability includes evening and weekend appointments. Sessions are available for individuals, couples and families.	SonderMind is an online virtual and in-person therapy service that matches licensed mental health practitioners with patients based on their unique needs.	The Talkspace app provides virtual access to licensed therapists via live video and private texting, plus psychiatrist services and additional resources.
Messaging capabilities		✓	✓	✓	✓
Live video therapy	✓	✓	✓	✓	✓
State availability²	Nationwide**	Nationwide**	38 states	16 states*	Nationwide**
Confide	✓			✓	✓
Employee Assistance Program	✓			✓	✓
Relative cost (per week)³ Not for EAP services	\$\$	\$\$	\$\$\$	\$\$\$	\$\$\$
Customer cost	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim.	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim.	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim.	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim.	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim. Text-based therapy billed per 60 minutes, on average, once per week.

Relative cost: \$ = \$70 or less | \$\$ = \$71-\$90 | \$\$\$ = \$91-\$125 | \$\$\$\$ = \$126+

Behavioral Virtual Providers



Behavioral Health Coaching for Mental Health and Substance Use Disorder (anxiety, depression, burnout, relationships, stress, work issues)

Provider ¹	bendhealth.com/covered Ages 1-25	hellobrightline.com/benefits Ages 18 months to 17 years	organizations.headspace.com/connect Ages 18+
Description	Bend Health combines coaching, therapy and psychiatry with an evidence based, skill-building care plan that empowers families to feel better today and thrive tomorrow. Bend offers support for mental health, behavioral health and substance use for kids and teens. With a family-first approach to care, parents and caregivers are able to stay engaged in the care plan	Brightline is a national pediatric behavioral health provider that provides extraordinary support for kids, teens and parents. Even better, it's all delivered virtually, so you can get support when and where you need it. When you sign up for Brightline, you will immediately have access to care for kids from 18 months to 17 years—and support for you too.	Headspace Care virtually connects members with a certified coach via texting and app-based programs to help them manage anxiety, depression and daily stressors—24/7/365. If needed, a coach can add a licensed therapist or psychiatrist to the care team within days.
Messaging capabilities			
Live video therapy			
State availability²	Nationwide**	Nationwide**	Nationwide**
Confide			Client opt-in available
Employee Assistance Program			
Relative cost (per week)³ Not for EAP services	Coaching Therapy	Coaching Therapy	Coaching Therapy
Customer cost	Copay/coinsurance and deductible apply. Member cost-share for coaching services/unlimited coaching is billed monthly; other services are billed per occurrence.	Copay/coinsurance and deductible apply. Member cost-share for coaching services/unlimited coaching is billed monthly; other services are billed per occurrence.	Copay/coinsurance and deductible apply. Member cost-share for coaching services/unlimited coaching is billed monthly; other services are billed per occurrence.

Relative cost: \$ = \$70 or less | \$\$ = \$71-\$90 | \$\$\$ = \$91-\$125 | \$\$\$\$ = \$126+

Behavioral Virtual Providers



Condition-Specific Care

(eating disorders, substance use disorder, obsessive compulsive disorder)

Provider ¹	Bicycle Health	EQUIP	monument	nocd
	bicyclehealth.com/simple-proven-private Ages 18+	equip.health Ages 6+	joinmonument.com/insurance Ages 18+	treatmyocd.com Ages 6+
Description	Bicycle Health provides confidential virtual care for opioid use disorder, including doctor visits, lab tests, prescriptions, instant messaging and therapy/counseling support—all delivered and managed on your mobile device.	Equip helps families achieve lasting recovery from eating disorders through dedicated virtual care teams and gold standard treatment of family-based therapy (FBT) delivered at home.	Monument is a platform designed to connect you to providers to help you change your relationship with drinking. Designed for sobriety or moderation, Monument plans are personalized to your goals and lifestyle and are available entirely online. 24/7 peer support and encouragement in an anonymous community forum are also offered.	NOCD is the #1 telehealth provider for the treatment of obsessive-compulsive disorder, offering access to online therapy through its innovative telehealth platform. ⁴
Messaging capabilities				
Live video therapy				
State availability²	28 states	Nationwide**	22 states	48 states
Confide				
Employee Assistance Program				
Relative cost (per week)³ Not for EAP services				
Customer cost	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim.	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim.	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim.	Copay/coinsurance and deductible apply. Services are submitted and coded, per occurrence, as a claim.

Relative cost: \$ = \$70 or less | \$\$ = \$71-\$90 | \$\$\$ = \$91-\$125 | \$\$\$\$ = \$126+

Appendix

Behavioral digital provider contracted locations²



Provider ¹	Bicycle Health	growtherapy	monument	nocd	Rula	sondermind [®]
Description	AL, AZ, CA, CO, CT, DE, FL, IA, IL, MA, MD, ME, MI, MS, MT, NC, ND, NE, NM, NV, OR, PA, TX, VA, VT, WA, WI, WY	AL, AZ, AK, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KY, LA, MA, MD, MI, MO, MS, MT, NC, ND, NE, NH, NJ, NV, NY, OK, OH, OR, PA, RI, SD, TN, TX, UT, VA, WA, WI	AZ, CA, CO, CT, DC, FL, GA, IA, KY, MD, MI, MS, NC, NJ, NY, OH, OR, PA, SC, TX, VA, WA	All states except for AK and MN	AK, AL, AR, AZ, CO, CT, DC, DE, HI, IA, ID, IN, KY, LA, MA, MD, ME, MI, MO, MS, MT, ND, NE, NH, NM, NV, OK, OR, PA, RI, SC, SD, TN, UT, VT, WI, WV, WY	AZ, CO, DC, GA, IN, KY, MA, MD, ME, MO, NE, NH, OH, TX, VA, VT

*Limited in person services may be available. Please consult directly with the provider group at time of registration/intake for more information. ** All states except MN

Cigna Healthcare provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. Refer to plan documents for complete description of virtual care services and costs.

1. Internal unique provider data as of April 2024. Subject to change.
2. Costs shown are for illustrative purposes only and should NOT be used to quote benefits. Prices reflect average cost per week over a three month period. Actual costs may vary depending on plan type, provider type, length of session, diagnosis and type of service.
3. One Mind PsyberGuide. (n.d.). "Help me find an App." <https://onemindpsyberguide.org/apps/?condition=oed>

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