

COACHING AND SUPPORT FOR AUTISM

Supporting you every step of the way.

If you or a loved one has been diagnosed with an autism spectrum disorder (ASD), you're not alone.

We're here to help.

With the Cigna Coaching and Support for Autism program, you have access to a dedicated team of licensed mental health professionals with extensive expertise. They'll provide confidential, one-on-one support to:

- Help you understand the ASD diagnosis.
- Explain treatment choices covered under your benefits plan.
- Help coordinate care between your behavioral and health care providers
- Help you find a qualified provider in your plan's Cigna network.
- Help you find local and state support, including early intervention programs in your area.
- Help explain and review medical necessity guidelines for intensive treatment, such as Applied Behavioral Analysis (ABA) or a higher level of care.[1,2,3]
- Provide information about local resources, such as support groups and respite programs.
- Guide you to a variety of resources and tools on **Cigna.com** and other sites.
- Offer referrals to other Cigna programs available through your plan, such as the Lifestyle Management Program for Stress Management.[1]
- Provide ongoing coaching and support for all of your concerns.

To learn more

1. Call the number on the back of your Cigna ID card or contact Cigna at **800.274.7603**. At the prompt, choose "Behavioral Health."
2. Identify yourself as a customer who needs mental health information.
3. Ask to speak with an Autism Case Manager. They'll follow up within two business days.

Together, all the way.®

Cigna®

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Cigna's Autism Awareness Series

Cigna offers free monthly phone seminars to give caregivers information on the physical, mental and emotional issues common to those with an ASD diagnosis. The seminars highlight techniques and methods that can be used to deal with the day-to-day challenges of caring for someone with an ASD. You can sign up for the series at **Cigna.com/autism**.

Other specialty programs available

The Cigna Coaching and Support for Autism program is just one way we can give you support. Our other behavioral specialty coaching and support services[1] are designed to help with:

- Eating disorders
- Intensive behavioral case management
- Opioid and pain management
- Parents and families
- Substance use disorder



What customers are saying.

100% of customers were very pleased with the service their case manager provided.[4]

1. Please check with your employer to confirm services included in your plan.
2. Applied Behavior Analysis (ABA) is an intensive behavior intervention program used to treat autism spectrum disorders. ABA and speech therapy, physical therapy and occupational therapy rendered by medical specialists for the treatment of autism may be subject to medical necessity review. Cigna's Standards and Guidelines/Medical Necessity Criteria for Intensive Behavioral Interventions are available on Cigna.com. Due to the Mental Health Parity and Addiction Equity Act, ABA benefits are assigned to the in-network "All Other Outpatient Services" sub-classification of benefits. As such, ABA benefits typically are subject to deductible and coinsurance. Refer to your plan materials for details of your specific plan.
3. Speech therapy, physical therapy and occupational therapy rendered by medical specialists for the treatment of autism may be subject to medical necessity review. Medical Necessity Criteria is available on Cigna.com.
4. Cigna Satisfaction Survey, 2019.

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