

2025 Mental Health Services by Health Plan			
Health Plan	Summary	Category	Reference Link
Anthem	Describes Anthem’s behavioral health coverage for small business employers, emphasizing mental health support integrated within commercial insurance products.	List of available benefits	https://www.anthem.com/employer/small-business-health-insurance/behavioral-health
	References Anthem’s large-group employer offerings, noting behavioral health integration within group medical plans for mental wellness and substance use coverage.	List of available benefits	https://www.anthem.com/employer/large-group-health-insurance
	Outlines several resources available to support members' mental health, including informational resources, caregiver resources, basic needs resources, and crisis lines.	List of available benefits and links to resources	https://www.anthem.com/ca/mental-health/finding-mental-health-resources
	Describes behavioral health benefits available for commercial and individual plans, including educational materials, assessment tools, practice guidelines, and forms.	Informational materials for behavioral health providers	https://www.anthem.com/provider/individual-commercial/behavioral-health
	Explains steps for members to connect with mental health support, such as connecting with Anthem’s EAP, choosing a therapist, and considering virtual therapy.	Instructions on how to access resources	https://www.anthem.com/mental-health/connecting-to-mental-healthcare
	Includes instructions on how to download the Sydney Health mobile app, which members can use to access virtual therapy visits, ask questions about benefits using live chat, find personalized action plans, and check and manage benefits.	Instructions on how to access resources	https://www.sydneyhealth.com/?c=sha&pid=paidsearch&af_prt=assemblymedia&gclsrc=aw.ds&gad_source=1&gad_campaignid=17290299047&gbraid=0AAAAABRxCTGyfcD9y7P5E90eDpA7HSFnk&gclid=EAIaIQobChMI4djP3JXhkAMVwSFECB2OWDvaEAAYASAAEgLu_D_BwE
	Highlights Anthem Employee Assistance Program (EAP) resources, including child and elder care needs, resources to support work/life balance, and counseling services.	List of available benefits	https://www.anthem.com/employer/employee-benefits-programs/services
Aetna	Details Aetna’s behavioral health programs and employer services, such as case management, digital tools, and provider collaboration to enhance employee access to care.	List of available benefits	https://www.aetna.com/services/behavioral-health.html
	Shows Aetna’s virtual and in-person mental and emotional health offerings for individuals and families, outlining a variety of care options for different conditions and treatments.	List of available benefits and links to resources	https://www.aetna.com/individuals-families/mental-emotional-health.html
	Outlines a variety of virtual medical services available to members, including mental health counseling for depression, anxiety, life changes, addiction support, postpartum depression, and more.	List of available benefits	https://www.cvs.com/virtual-care/
	Shows a search tool that Aetna members can use to find in-network providers for in-person and virtual mental health services.	Provider search tool for members	https://www.aetna.com/dsepublic/#/contentPage?page=providerSearchLanding&site_id=dse&language=en
	Highlights a virtual mental health resource, offering therapy and psychiatry services for anxiety, depression, relationship conflicts, trauma, PTSD, medication management, and more.	List of available benefits and provider search tool	https://www.teladohealth.com/expert-care/mental-health
	Shows a search tool used to find and schedule mental health counseling and medication appointments, available in-person at select MinuteClinic sites.	List of available benefits and provider search tool	https://www.cvs.com/minuteclinic
	Outlines Aetna’s behavioral health provider manual for professionals, explaining preauthorization, inpatient/outpatient care protocols, and administration of behavioral benefits in commercial plans.	Informational materials for behavioral health providers	https://www.aetna.com/content/dam/aetna/pdfs/aetnacom/healthcare-professionals/documents-forms/bh-provider-manual.pdf
Blue Shield	Offers a variety of behavioral health resources for members, from assessments to therapy, emphasizing Blue Shield’s support for mental wellness through digital tools and care access.	List of available benefits and links to self-guided resources	https://www.blueshieldca.com/en/home/be-well/live-healthy/mental-health-resources
Blue Shield (BCBS general)	Describes integrated benefit approaches for BCBS companies, including behavioral health and pharmacy, highlighting a whole-employee health strategy for employer plans.	List of available benefits	https://www.bcbs.com/explore-affordable-health-plans/employer-health-insurance
Cigna	Outlines how mental health and substance use disorder care is included under employer-sponsored medical plans, emphasizing integration with standard medical benefits and use of in-network providers.	List of available benefits	https://www.cigna.com/individuals-families/shop-plans/plans-through-employer/mental-health-insurance-and-substance-use-benefits
	Describes Cigna’s behavioral health programs for employees, supporting mental well-being, behavioral conditions, and SUD within employer benefit packages with integrated care design.	List of available benefits	https://www.cigna.com/employers/behavioral-health/
	Explains Cigna’s virtual care services offering live, on-demand remote access to mental health care for employer-covered members, increasing convenience and access to behavioral support.	List of available benefits	https://www.cigna.com/individuals-families/member-guide/virtual-care-services
	Describes behavioral health resources for members, including crisis support phone numbers and virtual care services.	Instructions on how to access resources	https://legacy.cigna.com/assets/docs/pcomm/behavioral-digital-customer-easy-access-guide-02.24.pdf?_gl=1*2sxx6w*_gcl_au*MTM0NTk0MTEwNi4xNzYyMjk0MTA5
	Lists crisis support lines for Cigna members.	Instructions on how to access resources	<ul style="list-style-type: none"> •National Suicide Prevention Hotline: Call or Text 988 •National Domestic Violence Hotline: Call 1.800.7233 or Text LOVEIS to 1.866.9474 •Crisis Text Line: Text HOME to 741741 (anywhere in the U.S.) •Cigna Healthcare Veterans Support Line: Call 1.855.244.6211 •Call number on Cigna ID card to contact professional behavioral support staff, available 24/7 to offer real-time response to crisis situations, help managing mental health care after regular business hours, and information on how to access community resources.
	Details instructions for finding virtual care for Cigna members using myCigna, a large network of quality behavioral specialists including virtual providers.	Instructions on how to access resources	Visit mycigna.com or use the myCigna App. Select “Therapist” or “Virtual” for a list of virtual behavioral health providers or click on “Find Care & Costs.” From there, search “Doctor by Type” and select a behavioral health provider in your network. Search results consider factors like age, reason for seeking treatment, type of treatment, preference for virtual vs. in-person care delivery options, and more.
	Outlines Cigna’s Employee Assistance Program (EAP), explaining confidential support for employee mental health.	List of available benefits	https://www.cigna.com/employers/behavioral-health/eap
United Healthcare	Details UnitedHealthcare’s Behavioral Health Solutions for employer plans, covering the continuum of care (apps, telehealth, outpatient, inpatient) and emphasizing employee support.	List of available benefits	https://www.uhc.com/employer/products-solutions/behavioral-health-benefits
	Describes UHC’s employer health plans’ whole-person approach, explicitly including behavioral health care and management as part of group benefit offerings.	List of available benefits	https://www.uhc.com/employer
	Highlights mental and behavioral health programs and resources available to UHC members, showing broad support for mental health in commercial plan structures.	Instructions on how to access resources	https://www.uhc.com/member-resources/health-care-programs/mental-health-services
	Lists crisis support lines for UHC members.	Instructions on how to access resources	<ul style="list-style-type: none"> •National Suicide Prevention Hotline: Call or Text 988 •Emergency services: Call 911 •Substance Use Helpline: Call 1-855-780-5955 TTY 711 •National Domestic Violence Hotline: Call 1-800-799-SAFE (7233) or text “START” to 88788
	Shows a search tool that UHC members can utilize to find behavioral health care, with the ability to search by provider type, place, services, and conditions.	Provider search tool for members	https://connect.werally.com/plans/uhc/274