



CARING FOR A CHILD WITH AUTISM?

The Cigna Autism Specialty Care Program can help.

If your child has been diagnosed with an Autism Spectrum Disorder (ASD), it can be hard to know where to turn for help and support.

That's why we're here.

With the **Cigna Autism Specialty Care Program**, you have access to a dedicated team of licensed mental health professionals. Each has extensive expertise in autism spectrum disorders and provides confidential, one-on-one support to parents and caregivers.

When you call, you'll be linked to an Autism Care Manager who will:

- › Help you understand the ASD diagnosis
- › Explain the treatment choices available under your benefits plan
- › Help coordinate care between your behavioral and health care benefits
- › Provide referrals to Cigna's network of qualified health care professionals
- › Help you find local and state support, including early intervention programs in your area
- › Assist with researching educational and tutoring programs designed to meet your child's unique behavioral and learning needs
- › Lead clinical oversight to make sure treatment plans are appropriate*
- › Provide referrals to before and after school care, recreation and respite programs
- › Guide you to a variety of resources and tools on Cigna.com/autism, cignabehavioral.com and other sites
- › Offer referrals to other Cigna programs available through your plan such as the Lifestyle Management program for Stress Management*
- › Provide ongoing case management and help with all of your questions and concerns

* Please check with your employer to confirm services included in your plan.

CIGNA'S AUTISM AWARENESS SERIES



Your Autism Care Manager will also give you the latest information on Cigna's free monthly phone seminars. The seminars are designed to give parents and caregivers information on the physical, mental, and emotional issues common in children with an autism spectrum disorder. The seminars highlight techniques and methods that can be used to deal with the day to day challenges of caring for a child with autism.

Together, all the way.®



The **Cigna Autism Specialty Care Program** is just one way we can give you the support you may need to overcome the challenges you are faced with. Our other specialty programs* are designed to help you and your family with:

- › Bipolar Disorder
- › Child and Adolescent Mood and Anxiety Disorders
- › Eating Disorders
- › Intensive Care Management
- › Substance Use
- › Young Adult Major Depression, Bipolar Disorder and Substance Use

* Please check with your employer to confirm services included in your plan.

SEE WHAT CUSTOMERS ARE SAYING.



Cigna's Autism Specialty Team gives customers the support they need. In fact, 99% of customers were very pleased with the information and help they received.¹



Link with an Autism Care Manager today.

- › Call the number on the back of your Cigna card. At the prompt, choose "Behavioral Health."
- › If there is not a number on the card, you can also call Cigna Behavioral at 800.274.7603.
- › You'll be linked to a Personal Advocate
- › Ask to speak to an Autism Care Manager.
- › An Autism Care Manager will call you within 24 hours. Calls are made Monday–Friday, 8am–5pm (EST).



1. Cigna Satisfaction Survey, 2014.

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