



# WELLNESS

## NFLPA Mental Health Resources

### I. NFLPA Clinician Directory

#### **What is it?**

A list of Mental Health Clinicians including psychiatrists (who prescribe medications), psychologists, social workers and counselors. Each clinician is organized by state to help reduce the time it takes to search and connect with a clinician. Each player can use their 8 sessions using their Cigna Behavioral Health benefit (more information below).

#### **How do I access it?**

The list lives on a password protected page on the NFLPA website:  
<https://nflpa.com/active-players/mental-health-counselors>

#### **Who has access to this list?**

All active players have access to this list.

#### **What if I don't see a Clinician listed in my state?**

If you cannot find a Clinician in your area, please fill out [this](#) form and someone from the Wellness Team will help connect you with a Clinician near you.

#### **How do I pay for this?**

- All active players with [Cigna](#) insurance get up to **8 sessions at no cost** through the behavioral health benefits if the clinician is considered **In Network** with Cigna.
- If the Clinician is **Out of Network** (does not accept Cigna) then Cigna will likely cover most, if not all, of the cost.
  - Check with the clinician first that they've confirmed that their Out of Network rate is fully covered by Cigna.
- **All clinicians in the directory have been informed that they are to bill Cigna directly.**
- Keep in mind, there will be charges for any sessions after the 8<sup>th</sup>.

#### **What happens after my 8 visits?**

- **In network providers:** Cigna will cover 80%.
- **Out of network** providers: Cigna will cover up to 70%.



## **NFL PLAYERS** ASSOCIATION

### **II. Cigna Behavioral Health Benefit**

#### **What is it?**

The NFL Player Insurance Plan is available to Active Players and certain Former Players and their eligible and enrolled family members.

#### **How do I find Clinicians In Network?**

- Call 800-635-9671, prompt 1 then 9 (Monday – Friday, 8:00 am – 6:00 pm EST) for a list of Clinicians in your area.
- Or visit [myCigna.com](https://myCigna.com)

#### **Outpatient mental health office visits (group & individual):**

- Visits 1-8: Plan pays 100%.
- **In network** providers: Providers have agreed not to charge above the allowed amount and therefore visits are covered at 100%.
- **Out of network** providers: If a participant chooses to see an out-of-network provider, they could be billed for fees above reasonable & customary amounts.

#### **Beyond 8 visits:**

- **In network** providers: Plan pays for 80%.
- **Out of network** providers: Plan pays for up to 70%.

#### **Outpatient facility:**

- Plan pays 100%.

#### **Inpatient facility:**

- **In network**: plan pays for 80% Physician is responsible for getting prior authorization for inpatient stay.
- **Out of network**: plan pays for 70%\* Participant is responsible for getting prior authorization for inpatient stay.

### **III. Cigna Employee Assistance Program**

#### **What is it?**

Players (active and former) and their household members can access Cigna's licensed professional Employee Assistance Consultants.



## **NFL PLAYERS**

**ASSOCIATION**

### **How do I access it?**

- The NFL has a dedicated team of advocates who can be reached at 866-421-8628.
- Cigna's Work/Life Resource Advocates are available 24 hours a day/7 days per week.
- No charge for up to eight (8) counseling sessions per issue, per year.
- This benefit is in addition to the eight (8) mental health office visits covered at 100% under Cigna Behavioral Health benefit listed above.
- All clinicians in EAP are In Network. EAP does not allow Out of Network Clinicians to be covered.