

Cigna Healthcare provides a support line and mindfulness sessions for veterans and their families



About the Cigna HealthcareSM Veteran Support Line

The Veteran Support Line provides a wide range of assistance for veterans, as well as their caregivers and families. **The Support Line is free and available 24/7/365 by calling 855.244.6211.**

- It is anonymous. Cigna Healthcare does not ask for verification of military status and does not ask for any personal identification.
- It's staffed by behavioral health specialists, some of whom are veterans themselves and understand the unique experiences both veterans and their caregivers often face.
- There is a team that will help veterans find resources and services for topics including pain management, substance use counseling and treatment, financial support, food, clothing, housing, transportation, parenting and child care, legal assistance and more.
- If someone who is in crisis calls, they will be immediately routed to a member of our team trained to handle crisis situations.

About our Mindfulness Program

Cigna Healthcare offers mindfulness sessions to provide training in stress management, acceptance and compassion.

- Veterans are at greater risk of homelessness, chronic pain, post-traumatic stress disorder (PTSD), substance use, and suicide than the general population.¹
- Mindfulness is an evidence-based therapy proven to have a positive impact on depression, stress, anxiety, performance, sleep, addiction and PTSD.^{2,3}
- The sessions are phone-based and last for 30 minutes.
- All veterans and their caregivers and families are invited to participate. (You do not need to be a Cigna Healthcare member.)

Mindfulness sessions are available weekly on Tuesdays at 5pm ET and Thursdays at 8:30pm ET by calling 844.621.3956 (passcode 2539 021 9921).



1. Substance Use and Military Life DrugFacts | National Institute on Drug Abuse (NIDA). <https://nida.nih.gov/publications/drugfacts/substance-use-military-life>

2. American Psychological Association. "Mindfulness meditation: A research-proven way to reduce stress." <https://www.apa.org/topics/mindfulness/meditation>. Accessed November 2024.

3. Kachadourian, L. K., Harpaz-Rotem, I., Tsai, J., Southwick, S., & Pietrzak, R. H. (2021). Mindfulness as a mediator between trauma exposure and mental health outcomes: Results from the National Health and Resilience in Veterans Study. *Psychological trauma: theory, research, practice and policy*, 13(2), 223–230. <https://doi.org/10.1037/tra0000995>

All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group, including Evernorth Care Solutions, Inc. and Evernorth Behavioral Health, Inc. The Cigna Healthcare name, logo, and other Cigna Healthcare marks are owned by Cigna Intellectual Property, Inc.

981021 12/24 © 2024 Cigna Healthcare. Some content provided under license.