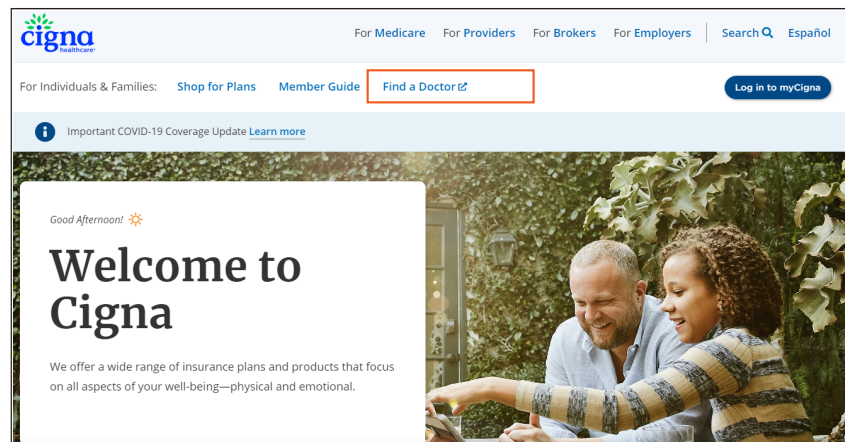


# FIND A CARE PROVIDER IN JUST A FEW CLICKS

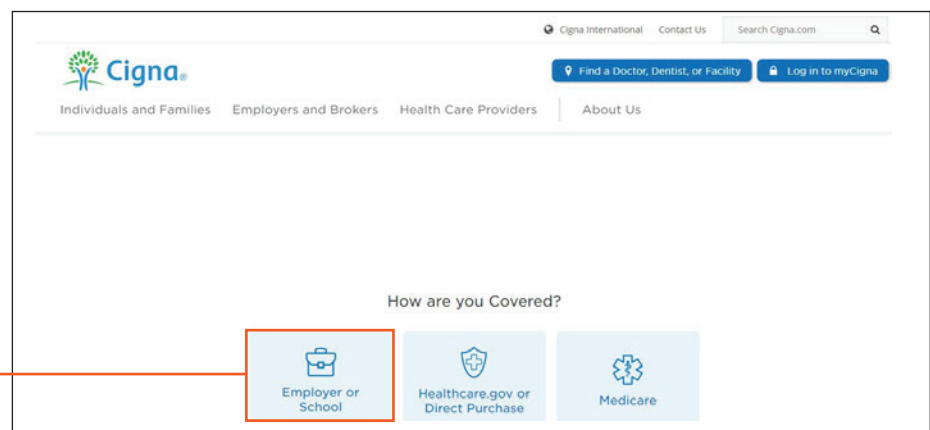
It's easy on Cigna.com

With more than 40 years in the industry and a large, national network of providers, Cigna offers you a range of choices. Finding a behavioral health provider on **Cigna.com** is simple.

1. Go to **Cigna.com** and click “Find a Doctor, Dentist or Facility.”



2. On the “How are you Covered” page, select “Employer or School”



3. Enter the geographic location you want to search and select the search type.

3a. Click on **Doctor by Type** to bring up a list of provider types, for example Behavioral Health Counselor.

- When using the search process for the first time, you will see a pop-up window. To continue searching on **Cigna.com**, select “Continue as Guest.” (Selecting Login/Register will redirect you to **myCigna.com**)
- Selecting “Behavioral Health Counselor” brings up a page with a list of common issues that can be selected or skipped.
- Selecting “Addiction” or “Skip” brings up the “What type of care are you looking for?” page where you select between “Licensed Therapists”, Psychiatrists & Nurse Practitioners”, and “Behavioral Facilities & Programs”.
- Each will have a View Results button which includes the number of providers found in the City, State entered on landing page. The City, State can be edited at any time by selecting it.
- Selecting any of the “View Results” buttons will bring up the list of providers on the left and a map with their locations indicated by drop pins on the right.

3b. Click on **Doctor by Name** to bring up a box to type in the provider’s name. If you enter a full or partial name, such as a last name, a list of possible providers comes up from which your provider can be selected.

3c. Click on **Locations** to bring up a search box and list of potential location types.

Select “Behavioral Health Facility/ Counseling” from the list to bring up the “What type of care are you looking for?” page where you select between “Licensed Therapists”, Psychiatrists & Nurse Practitioners”, and “Behavioral Facilities & Programs” (same as under step 3a above).

4. Click on **Health Facilities** to bring up a list of “Common Facilities”

For example to locate in-network labs, select “Lab Testing Facility” from the list to bring up the list of all In-Network labs within the geographic area you are searching.

4a. Click on **Continue as guest**

When using the search process for the first time, you will see a pop-up window, select “Continue as Guest.” (Selecting Login/Register will redirect you to myCigna.com)

Login/Register

Not a customer?  
Shopping for a new plan?

Continue as guest

When you search by **Health Facilities** or **Doctor Type** and select "Behavioral Counselor or Behavioral Health Facility," and then select "skip" the search results provides you with three options to choose from to filter your search by category. Once you select which of three categories you want to explore the page lists the providers/facilities on the left and a map with their locations indicated by drop pins on the right.

**Licensed Therapists**  
View 1181 Results  
Licensed therapists can diagnose and treat mental health or substance use concerns. They can help you develop coping skills in addition to providing other care and services. Includes psychologists, counselors, and social workers.

**Psychiatrists & Nurse Practitioners**  
View 285 Results  
Psychiatrists and mental health nurse practitioners can diagnose and treat mental health or substance use concerns, typically by prescribing and monitoring medication, in addition to other care and services.

**Behavioral Health Facilities**  
View 30 Results  
Behavioral health facilities include psychiatric hospitals, residential treatment centers, and clinics. They offer specialized inpatient and outpatient programs to help support emotional issues, mental health, and treatment for substance use concerns.

678 In-Network results for Licensed Therapists near Shreveport, LA 71104  
Medical Plan: Shreveport, LA | Change Plan

Sort: Best Match | Specialties | More Options

**Kristie Smith, MC, LPC** 1.2 mi  
2924 Knight St Shreveport, LA 71105 | (318) 828-1640  
Specialties: Counseling  
Additional Specialties (16): ADD/ADHD, Addiction...see all  
Years in Practice: 12  
Ages Treated: 6-12, 13-17, 18+, 60+  
Fast Access Provider Virtual Counseling  
Accepting new patients

**Natalie A Berlin, MA, LPC** 1.3 mi  
820 Jordan St Ste 510D Shreveport, LA 71101 | (318) 402-5137  
Specialties: Counseling  
Additional Specialties (7): ADD/ADHD, Depression...see all  
Years in Practice: 12  
Ages Treated: 6-12, 13-17, 18+  
Fast Access Provider Virtual Counseling  
Accepting new patients

The search results also include a flag for Fast Access Providers. The Fast Access Network guarantees members access to first-time routine appointments within 5 business days and access to prescriber appointments within 15 business days.



Quality designations, cost-efficiency and other ratings reflect a partial assessment of quality and cost-efficiency and should not be the sole basis for decision-making. They are not a guarantee of the quality of care that will be provided to individual patients. You are encouraged to consider all relevant factors and consult with your physician when selecting a health care professional or facility. Health care professionals and facilities that participate in the Cigna network are independent contractors solely responsible for the care and services provided to their patients. They are not agents of Cigna.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company and Cigna Behavioral Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.