By taking care of the demands of every day life, many people forget to take care of themselves. You may be wondering, with your schedule and demands if you have time for or need behavioral care. You may feel that you want to handle your problems on your own. On-line Coaching through CIGNA Behavioral Health (CBH) is a convenient, easy way to get information and coaching on personal issues from the privacy of your personal computer.

To access this service, simply enter the CBH website, www.cignabehavioral.com, and log on using your employer ID and password. Through a simple and confidential on-line registration process, on-line coaching is made available for those needing information and/or feedback on issues related to: Substance Abuse, Depression and Anxiety. The first step is to complete an online questionnaire, which provides the Coach (a licensed clinician) with information about your situation. A coached series can contain up to nine interactive sessions and includes optional homework assignments. Your Coach will provide personalized responses to different aspects of your completed assignments within three business days of submission.

This program is not a substitution for outpatient therapy visits, but it is an easy and convenient way to get some facts and practice the skills that will lead you toward a healthier life and greater peace of mind. Whether you’re just looking for a few minutes worth of information or an in-depth review of different topics, this confidential service is an easy way to deal with issues.

**Online Coaching Log-In Instructions**

1. From www.cignabehavioral.com, click on “Are You in Need of Personal Help?”
2. Enter the employer ID and Pin listed to the right, and hit the “Login” button
3. Click on “Get Self-Help & Information on Mental Health Issues” on the left
4. Click on “Create your new individual account” to create your personalized account
5. Fill in the required fields and hit “Submit”
6. Follow the prompt after your new account has been created to the Emotional Well-Being page

**To access Anxiety Online Coaching Module**

(Note: Only Anxiety, Depression and Substance Abuse topics have an Online Coaching Module)

1. After logging in to Emotional Well being, click on “Mental Health”
2. Click on “Anxiety” on the right of the page
3. Click on “Managing Your Anxiety, Stress and Worry” under “COACHED SERIES”
Online Coached Series

Our Coached Series programs, while not therapy or counseling, are based on proven behavior change principles and techniques.

Coaches are mental health professionals thoroughly trained in the use of our coaching system. Our programs are not meant to take the place of face-to-face counseling, and coaches will not enter into a counseling relationship with you. Any message that you submit to a coach for feedback will be assigned to the next available coach so that you receive a response within three business days. To ensure continuity, each coach reviews previously completed homework. You are identified only by your user name so that your anonymity and confidentiality are assured. We encourage you to seek professional help whenever recommended by one of our coaches.

Questions?

If you have any questions about this program, feel free to contact Allen Lewis at 505-835-7309 (alewis@nrao.edu) or Denise Utley at 434-296-0318 (dutley@nrao.edu).