

# Navigating Autism

SUPPORTING YOU.

EVERY STEP OF THE WAY.



EVERNORTH ADVOCACY + SUPPORT FOR AUTISM

**If you or a loved one has been diagnosed with an autism spectrum disorder (ASD), you're not alone.**

With our program you have a dedicated team of licensed mental health professionals with extensive expertise to provide confidential, one-on-one support.



**Support that makes a difference**

100% of people were very pleased with the service from their case manager.<sup>1</sup>

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**Early support can have a long-term positive impact on your child later in life.<sup>2</sup>**

Our early identification and engagement approach empowers you and your family to get ahead of the treatment journey with access to specialized treatment. Our team will support you every step of the way helping you navigate care today and plan for future needs.



## Our professionals help you:

- + Understand the diagnosis.
- + Explore covered treatment options.
- + Coordinate care from behavioral and health care providers.
- + Find qualified providers in your network.
- + Locate local and state support, including early intervention programs.
- + Follow medical necessity guidelines for intensive treatment, such as Applied Behavior Analysis (ABA) or a higher level of care.<sup>3,4,5</sup>
- + Find information about local resources, like support groups and respite programs.
- + Navigate a variety of resources and tools.
- + Find referrals to other available programs offered by your plan.
- + Receive ongoing coaching and support for your concerns.

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## We make behavioral health simple by:

- + Providing support, resources and guidance
- + Empowering you to seek the right care and services for your unique needs
- + Helping you make the most of your benefits
- + Being available any time, 24/7/365 with crisis and emergency support

WELL . EVERNORTH . COM

# Evernorth is here to help.

Call **888.736.7009** or the number on the back of your ID card.

Ask to speak with an Autism Case Manager. They'll follow up within two business days.

1. Cigna Satisfaction Survey, 2020. 2. verywellhealth. "Make the Most of Early Intervention for An Autistic Child." August 2022. 3. Please check with your employer to confirm services included in your plan. 4. Applied Behavior Analysis (ABA) is an intensive behavior intervention program used to treat autism spectrum disorders. ABA and speech therapy, physical therapy and occupational therapy rendered by medical specialists for the treatment of autism may be subject to medical necessity review. Due to the Mental Health Parity and Addiction Equity Act, ABA benefits are assigned to the in-network "All Other Outpatient Services" sub-classification of benefits. As such, ABA benefits typically are subject to deductible and coinsurance. Refer to your plan materials for details of your specific plan. 5. Speech therapy, physical therapy and occupational therapy rendered by medical specialists for the treatment of autism may be subject to medical necessity review.

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