



Jason Youngblood

Senior Director of Behavioral Health
Cigna

Jason Youngblood leads Cigna Healthcare's Behavioral Center of Excellence, a team comprised of sales and allied health professionals providing consultative Behavioral Clinical Account Management, behavioral insights, and support for Cigna's award-winning Employee Assistance Program.

Prior to joining Cigna 21 years ago, Jason provided behavioral services in a variety of clinical settings, including inpatient and outpatient care.

Jason is a Licensed Professional Counselor in the state of Maryland, as well as a Personal Trainer and an MMS Trained Executive Coach. He has a clinical sub-specialty in addictions treatment, and focuses on the link between mind and body, and the impact to personal wellness to improve clinical outcomes.

He also holds a Producer's License in Life and Health Insurance, in the State of Maryland, and is currently pursuing his certification as an Associate Certified Coach (ACC) through the International Coaching Federation (IFC).

Jason obtained a Bachelor of Science degree in Biology and Psychology from Juniata College, and a Master of Arts Degree in Psychology, from Towson University.