

# WE CAN HELP YOU WITH THAT.

## Employee Assistance Program

When you experience life's challenges, Cigna's Employee Assistance Program is here to help. Our library of programs and services listed on the back of this sheet is a great place to start. If you can't seem to find exactly what you're looking for, we're always just a call or click away.

### Call us anytime, any day.

We're here when you need us, 24/7/365. Our dedicated personal advocates can get you the information you need and guide you toward the right solution.

### We can:

- › Assess your needs and find a solution to help resolve your concerns
- › Get you the help you need when you're in a crisis situation
- › Provide up to 6 face-to-face or video-based sessions per issue per year with an EAP professional
- › Connect you with the right mental health or substance use resources in your plan's network
- › Direct you to a variety of helpful resources in your community
- › Show you how to get discounts on many health and wellness products through the Healthy Rewards® program\*

### Get the support you need conveniently online.

- › Search for an EAP professional in your network
- › Get educational materials on almost any work or life issue
- › Take a self-assessment to see how you're doing
- › Take advantage of the Savings Center – free program for everyday savings of up to 25% on name brands and luxury items\*
  - [Login to MyCigna.com > Coverage > EAP > Work/Life Resources](#)
  - [Access to Savings Center located under Centers](#)
  - [Register if new user](#)
  - [Login to the site](#)
- › Access our interactive tools and much more!

Together, all the way.®



## Everyday resources to help make your everyday easier.

Give us a call or go online and click on the work/life resources link.



**Adoption:** Adopting a child is one of the most wonderful times in an adoptive parent's life. But it can also be stressful. Our adoption services provide all the support you need to help find the right adoption specialists and support groups to get you headed in the right direction.



### Children and Families:

- › **Parenting:** Receive guidance on child development, sibling rivalry, separation anxiety and much more.
- › **Prenatal Care:** Get the information you need for a healthier pregnancy and delivery.
- › **Child Care:** Whether you need care all day or just after school, find a place that's right for your family.
- › **Children with Special Needs:** Let us help you better understand care for your unique family needs.
- › **Summer Care:** Our summer care services provide parents with the resources to help find the right summer camps and programs for your children.



**Education:** We understand the importance of your child's education. That's why we offer a full suite of education services for parents. From kindergarten to public schools to special programs and college preparation, we'll get the information you need to make the best decisions throughout your child's life.



**Financial Services:** When it comes to finances, most of us need a little help now and then. Get a free 30-minute talk with a qualified financial services specialist. In addition, you can get 25% off on tax preparation when you take advantage of this service.



**Convenience Services:** Shorten your to-do list with referrals for home maintenance, relocation, dining and more.



**Identity Theft:** If you think you might be a victim of identity theft, talk to a fraud resolution specialist. To start, you'll get a free 60-minute consultation and resources to help you protect your identity.



**Legal:** Some of life's events call for expert advice. When you need legal assistance, contact us. You can be connected to a lawyer in your area for a free 30 minute consultation and up to a 25% discount on usual fees for most legal issues.



**Pet Care:** Your pet is part of your family, so we understand the importance of finding solutions to any number of needs. From vets to dog walkers, our pet care services will help connect you with the right resources so that your furry friends are well taken care of.



**Senior Care:** When it comes to managing important senior citizen care issues that arise in your family, making the right decisions can be difficult. That's why we provide the information you need along with a support system to help guide you through the process.

\* These are discount programs and NOT insurance. You are responsible for paying the entire discounted charge directly to participating third party suppliers who are solely responsible for all products and services provided. Some programs may not be available in all areas and programs may be discontinued at any time. Some work/life services offered under the Cigna Employee Assistance Program may be provided by a Cigna contracted third-party vendor.

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

850504 d 01/19 FFPS © 2019 Cigna. Some content provided under license.

