

REAL SUPPORT FOR REAL LIFE

Employee Assistance Program



When you experience life's challenges, our Employee Assistance Program (EAP) 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. 1-XXX-XXXX or visit myCigna.com

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 6 face-to-face or video-based counseling 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

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
- › Access our interactive tools and much more!

Together, all the way.®



**Live Well
Work Well**



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Everyday resources to help make your everyday easier.



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.



Convenience

These days, everyone is pressed for time and can use a helping hand. Even the good things in life require time and planning. Our convenience services can help you manage your home and recreation planning, and most all of your leisure needs.



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.



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 consultation and discounts 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 to ensure 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.



Care Coach

You can schedule a telephone consultation with a geriatric specialist for a senior care plan.



Identity Theft

If you think you might be a victim of identity theft, talk to a fraud resolution specialist. You'll get a free consultation and resources to help you protect yourself.



Financial Services

When it comes to finances, most of us need a little help now and then. Get free financial coaching, debt counseling and retirement planning with a qualified financial services specialist.

Together, all the way.®



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Work Well



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