

# EMOTIONAL WELL-BEING RESOURCE GUIDE

Cigna is expanding EAP support during this unprecedented time.

The rapid spread of COVID-19 has created a difficult and uncertain time for many. Cigna is committed to supporting your emotional well-being, whether you're dealing with anxiety, stress or other life challenges. Cigna's tools and resources are all designed to help you manage whatever challenges you're facing – big or small.

## Cigna's COVID-19 Resource Center

Cigna has developed a dedicated COVID-19 Resource Center that is updated regularly. On this site, you can view a webinar on managing anxiety, fears and concerns; listen to a podcast on mindfulness and stress management; and find helpful information on Cigna coverage as well as community support resources.

Find these and other valuable resources at [Cigna.com/COVID19](https://www.cigna.com/COVID19).<sup>1</sup>



### Cigna's Employee Assistance Program (EAP) offers convenient, safe virtual counseling

Virtual sessions through the EAP network let you receive quality, counseling support without leaving home. Simply connect via your phone, computer or tablet and you can:

- › Have access to clinicians in Cigna's EAP network for virtual counseling sessions
- › Receive confidential treatment for stress and anxiety, relationship concerns and more



### Expanding Employee Assistance Program (EAP) sessions

For the next six months, Cigna's EAP is giving you twice as many sessions to connect with licensed clinicians in our EAP network, at no additional cost to you.<sup>2</sup> It's real support for real life.

Here's the extra support you can expect:

- › Up to **two** free sessions per issue with a licensed clinician in Cigna's EAP network<sup>2</sup>
- › Meet with counselors virtually on your phone, tablet or home computer

These services are 100% confidential, and available to anyone in your household – at no cost to you.

*Please do not use the online 'Get an EAP Code' feature on the EAP coverage page as it will not support this additional coverage.*

For more resources, visit [myCigna.com](https://myCigna.com) or [Cigna.com/COVID19](https://Cigna.com/COVID19).

Together, all the way.®





## Support and savings for real life

- › Access to financial services such as 25% off tax preparation and a 30-minute complimentary phone consultation with a financial specialist
- › 30-minute, no-cost legal consultation with a network attorney with a 25% discount off select fees if the attorney is retained<sup>3</sup>
- › Resource and referral assistance for home life referral needs, such as alternative child care and elder care arrangements.



### Looking for help or more information?

Call your 24/7, toll-free EAP number \_\_\_\_\_, or go to **myCigna.com**  
> EAP Coverage Page and use the Live Chat feature to get started.<sup>4</sup>

If it is your first visit, please register on **myCigna.com** for one-time registration and use employer ID  
First-time visitors need to create username and passcode.

Or visit our COVID-19 Resource Center at **Cigna.com/COVID19**.

**Together, all the way.®**



1. The content on this site includes some content which is specific to those with medical, pharmacy and other coverages through Cigna.

2. If your EAP coverage typically covers more than 5 sessions per issue, please note there is maximum of ten sessions per issue during the six months. Program runs through 9/30/20.

3. Legal consultation does not cover employment-related matters.

4. Please do not use the online 'Get an EAP Code' feature on the EAP coverage page as it will not support this additional coverage. Program runs through 9/30/20.

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