

Whatever life throws at you, throw it our way.



Did you know that Cigna's Employee Assistance Program (EAP) is here to help at no cost to you? No matter your situation, chances are we can help you find a solution. Check out our extensive library of programs and services to help you with any work or life challenge that comes your way, and contact us when you need a hand. We're here to help.



Call us any time, any day.

We're here when you need us. Our dedicated staff of personal advocates can get you the information you need and guide you toward the right solution. We can:

- Assess your needs and develop 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 sessions per issue per year with a mental health or substance abuse professional
- Connect you with the right mental health or substance abuse professional in your Cigna 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 – right at your fingertips.

- Search for a mental health or substance abuse 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 our Savings Center – free program for everyday savings of up to 25% on name brands and luxury items.
- Access our interactive tools and much more!



Make your life easier resources

Give us a call or go online under “Find/Work Life Resources” to get up to three qualified referrals through LiveCONNECT or the Assisted Search option found under individual topics.

Adoption	Adopting a child can be one of the most wonderful, and stressful, times in an adoptive parent’s life. Cigna’s 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.
Child Care	When it comes to child care, parents can face multiple challenges on any given day. From finding the right child care center to nanny, and everything in between, we’ll connect you to the right solution for your family, and even introduce you to options that you may not have considered.
Education	At Cigna, we understand the importance of your child’s education, that’s why we offer a comprehensive 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 for your children.
Financial Services	When it comes to finances, most of us need a little help now and then. If you’d like to talk with one of our qualified financial services specialists, we’ll provide you with a free 30-minute consultation. In addition, you can get 25% off on tax preparation when you take advantage of this service.
Identity Theft	If you think you might be a victim of identity theft, talk to one of our fraud resolution specialists. To start, we’ll provide you with a 60-minute free consultation and make sure you have all the resources you need to protect yourself.
Legal	Some of life’s events call for expert advice. When you need legal assistance, start with Cigna’s legal services. We’ll provide you with a free 30-minute consultation – plus get up to a 25% discount on usual fees.
Parenting	If you’re a parent, you want the best for your family, but might not always have the time or the answers you need. Cigna’s parenting services can help. From the most basic to challenging, you’ll get the help you need on topics ranging from toilet training to sibling rivalry.
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.
Prenatal Care	Our prenatal care services provide support throughout every exciting pregnancy stage leading up to birth. From core necessities such as nutrition and exercise to birthing methods and pre-planning, you’ll find the answers, guidance and support you need through every stage of development.
Senior Care	Making the right decisions when it comes to managing important senior citizen care issues that arise in your family can be difficult. That’s why we provide the information you need along with a support system to help guide you through the process.
Special Needs	For parents who face greater challenges than most, our special needs services and programs provide the support you want when facing childhood illness or disabilities. When it comes to making sure special needs families have the continuing support they need, Cigna is there every step of the way.
Summer Care	Our summer care services provide parents with the resources to help find the right summer camps and programs for your kids, and address any special concerns your family might have.



*Some Healthy Rewards programs are not available in all states. If your CIGNA plan includes coverage for any of these services, this program is in addition to, not instead of, your plan coverage. A discount program is NOT insurance, and you must pay the entire discounted charge.

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