



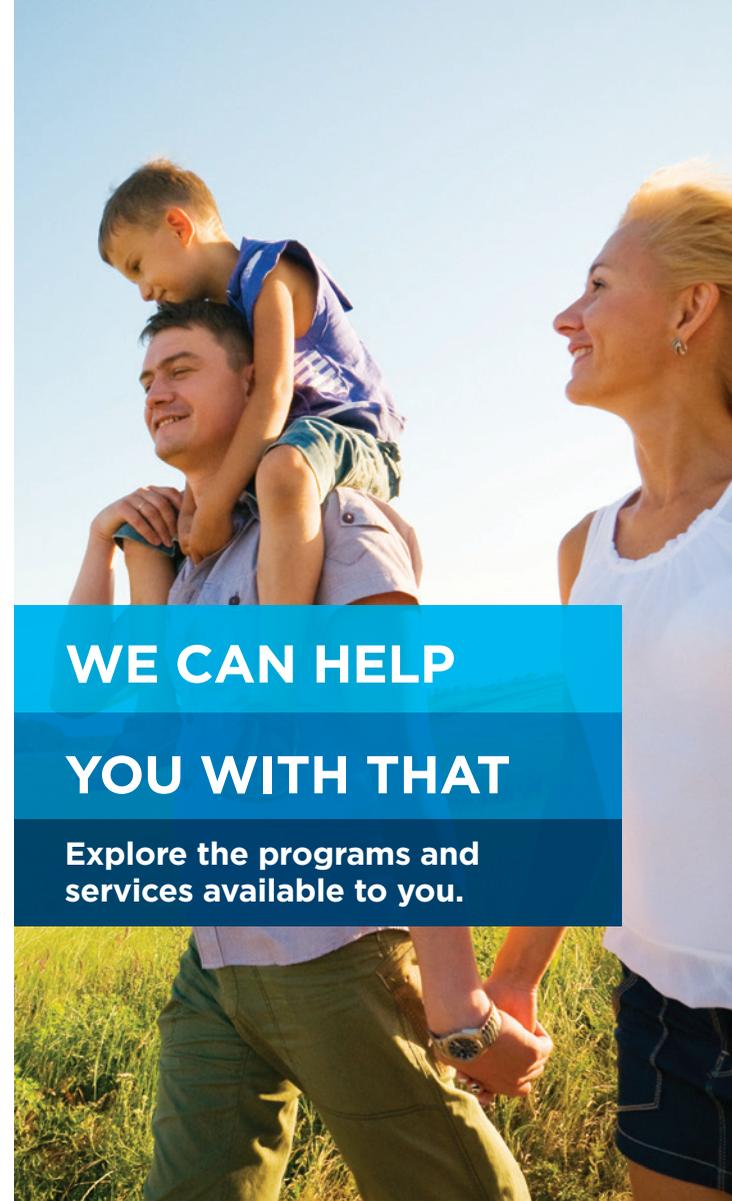
Have questions? Don't see what you're looking for? Contact us to get the assistance you need.

Call **855.281.1204**.

Log in to **CignaBehavioral.com**
and enter your employer ID: 2018EAP

Employee
Assistance &
Work/Life
Support Program
24/7

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Work/Life
Support Program
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WE CAN HELP

YOU WITH THAT

Explore the programs and services available to you.



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TAKE A DEEP BREATH. WE'RE HERE TO HELP.

We'll listen and help you work through life's challenges. Get help for things like managing life events, emotional well-being, and how to handle change.

No matter what you need, chances are we can help. Best of all, it's at no cost to you.

Call us anytime, any day.

We're here to listen to your needs, get you the information you need and guide you toward the right solution.

We can also direct you to a variety of helpful resources in your community.

Get the support you need conveniently online.

- Read educational materials on work or life topics.
- Access various interactive tools related to health and wellness.
- Use the online Skill Builder Center or attend an online seminar to learn new skills, or how to better balance work and life.
- Explore our stress toolkit, which includes assessment tools, articles and stress management techniques.
- Take advantage of your Healthy Rewards® discount program* for savings on many health and wellness products and services.

Visit an Employee Assistance Program (EAP) provider.

One to three sessions are available to you and your household members. Call us or go online, search the provider directory and request an authorization.

* Some Healthy Rewards programs are not available in all states, and programs may be discontinued at any time. If your health 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.**

A well-balanced offering to help you live a well-balanced life.

Give us a call or go online to locate referrals for support services, such as:



Adoption: Learn more about your adoption options and the agencies available to help you.



Childcare: Whether you need care all day, before/after school, during the summer or just want a back-up plan for unplanned events, we'll help you find a place, program or person that's right for your family.



Children with special needs: Let us help you better understand and care for your unique family needs.



Education guidance: From public to private school, elementary school to college, continuing education and more, we'll get the information you need to help you make the best decisions for you and your family.



Financial services and referrals: Take advantage of a free 30-minute financial consultation by phone and 25% off on tax preparation.



Identity theft: Learn how to protect yourself from – and respond correctly to – identity theft with a free 60-minute expert consultation by phone.



Legal consulting:** Get a free 30-minute consultation and up to 25% off select fees.

The above listing is just a small sampling of the support available to you at no cost with your Employee Assistance & Work/Life Support Program.

If you can't seem to find exactly what you're looking for, remember: We're always just a call or click away.

** Legal consultations related to employment matters are not available under this program.

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