

Progrexion

# WE CAN HELP YOU WITH THAT



**As a vital part of your employer's commitment to helping you maintain a healthy and fulfilling life, Cigna is pleased to offer an exciting benefit called the Employee Assistance Program (EAP).**

One of our dedicated personal advocates will work with you to resolve any issues you may be facing, connect you with the right mental health professional, direct you to a variety of helpful resources in your community, and more. Best of all, it's free.

### The Facts on EAP

- The EAP toll-free phone number is 1.877.622.4327
- We're available 24/7/365
- Available to you and your household family members

### EAP Services Include:

- **Counseling:** 3 Face-to-Face sessions with a counselor in your area.
- **Consultation and support by phone:** Consultations may be related to questions about behavioral health related topics, assistance with problem identification, problem-solving skills, approaches and/or resources to address behavioral concerns.
- **Legal assistance:** Free, 30-minute consultation with an attorney face-to-face or by phone.
- **Financial:** Free 30-minute telephonic consultation by phone with a qualified specialist on issues such as debt counseling or planning for retirement

- **Child care:** Resources and referrals for child care providers, before and after school programs, camps, adoption organizations and information on parenting questions and prenatal care.
- **Elder care:** Resources and referrals for home health agencies, assisted living facilities, social and recreational programs, and long-distance care giving.
- **Pet care:** Resources and referrals for pet sitting, obedience training, veterinarians and pet stores.
- **Identity theft:** 60-minute free consultation with a fraud resolution specialist.

### Find us online

You and your household members can also get EAP assistance and information via the Cigna EAP website: [Cignabehavioral.com](http://Cignabehavioral.com). Click on the "login to access your benefits" link and enter your Employer ID in lowercase letters with no spaces.

**Connect with your EAP either by phone or online for free, fast and effective expert assistance.**

**1.877.622.4327**

**Cignabehavioral.com**

**Employer ID: progrexion**

**GO YOU®**



**Offered by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company.**

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