



Employee  
Assistance &  
Work/Life  
Support Program  
**24/7**

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## Make health and well-being a priority.

**EAP National Wellness Seminars:** Take part in monthly seminars year-round on topics that apply to real-life concerns. Watch live or on-demand from a computer, smartphone or tablet at: [www.Cigna.com/EAPWebCasts](http://www.Cigna.com/EAPWebCasts).

**Behavioral Awareness Series:** Cigna offers free monthly behavioral health awareness seminars on autism, eating disorders, substance use and children's behavioral health issues. For more information, visit: [www.cigna.com/personal/healthand-well-being/behavioral-awareness-series/](http://www.cigna.com/personal/healthand-well-being/behavioral-awareness-series/)

**Coach by Cigna™:** Finally, a health and fitness app that's all about you. Work on one or all five integrated areas of focus for a healthier you: exercise, food, sleep, stress and weight. The free app is available on both iOS and Android™ mobile devices.\*\*\*

Call **866.395.7794**  
Log in to [www.myCigna.com](http://www.myCigna.com)  
Employer ID:  
**EpiscopalPSN**  
For initial registration.

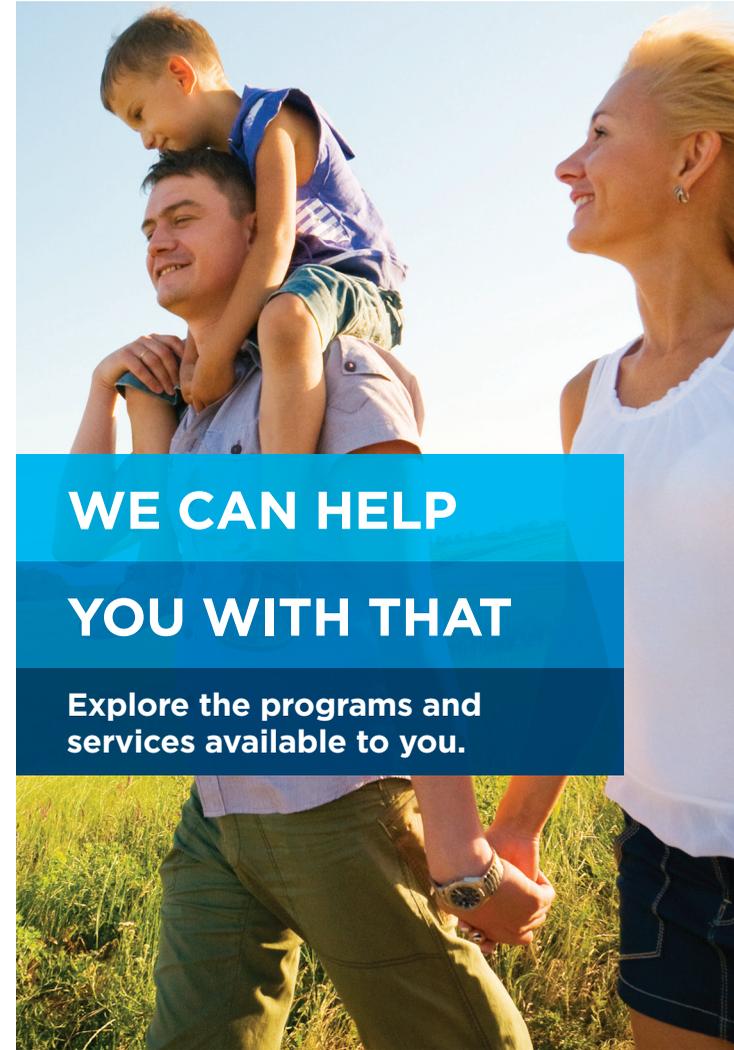


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**WE CAN HELP**

**YOU WITH THAT**

**Explore the programs and services available to you.**

**Pastoral Support Network**



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

The enclosed listing is just a small sampling of the support available to you at no additional 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.

## 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.
- › 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.

1-10 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:



**Pastoral Support Network:** The Pastoral Support Network (PSN) offers counseling and support services with a particular sensitivity to the unique issues priests and their families may experience. If there's an issue for which you'd like assistance, you can talk with a PSN counselor over the phone or get a referral for a counseling professional in your area.

The Pastoral Support Network is part of your EAP benefit, and is completely confidential. Neither your congregation/ employer nor the Episcopal Church Medical Trust will be notified when you use the services.



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



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



**Financial Services & Referral:** Take advantage of a free 30-minute financial consultation by phone and 25% off on tax preparation.



**Child Care:** 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.



**Senior Care:** Learn about challenges and solutions related to caring for an aging loved one.

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

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