



Employee  
Assistance  
Program (EAP)  
**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/health-and-well-being/behavioral-awareness-series/](http://www.cigna.com/personal/health-and-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.\*

Take advantage of your Healthy Rewards® discount program\*\* for savings on many health and wellness products and services.

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

Call **1.866.395.7794**

Log in to [www.myCigna.com](http://www.myCigna.com)

Employer ID:

**episcopal**

For initial registration.

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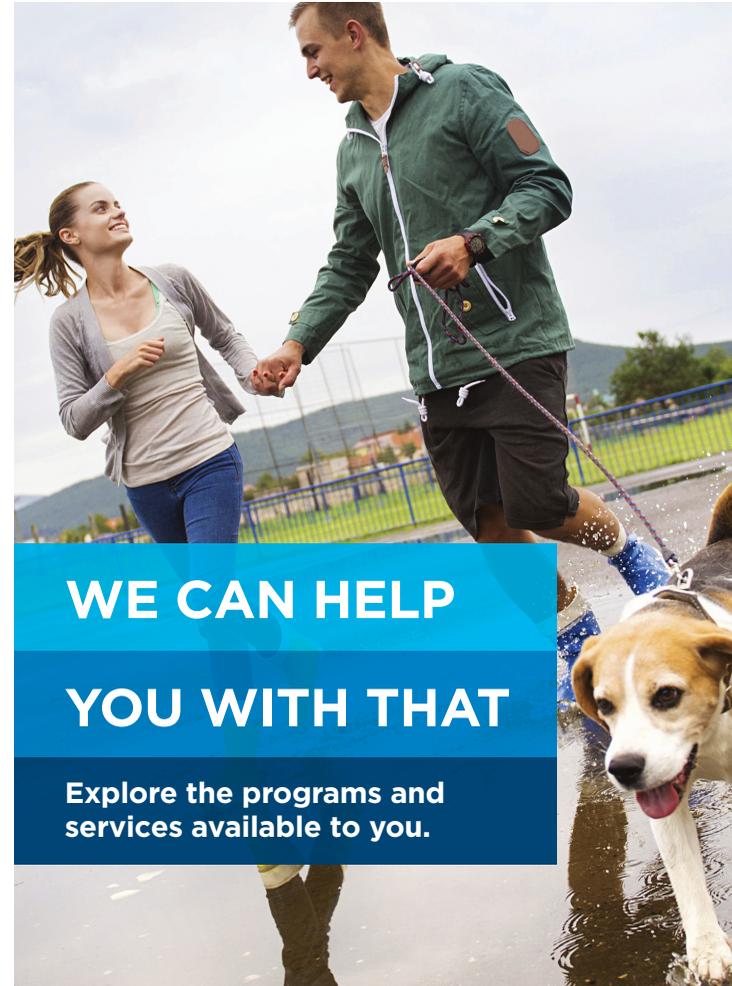
\*The downloading and use of the Coach by Cigna mobile app is subject to the terms and conditions of the app and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply. This app is for educational purposes only and medical advice is not provided. Do not rely on information in this app as a tool for self-diagnosis.

\*\*Some Healthy Rewards programs are not available in all states, and programs may be discontinued at any time. **A discount program is NOT insurance, and you must pay the entire discounted charge.**

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For the members  
of Episcopal Church Medical  
Trust and their household  
members.



**WE CAN HELP**

**YOU WITH THAT**

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

**Employee Assistance Program (EAP)**



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

We all experience life changes and challenges from time to time. When you need some extra support, it's reassuring to know that the Cigna Employee Assistance Program (EAP) is always just a call or click away.

These services are all confidential and available at no additional cost to you and your household members.

## Call us anytime, any day.

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

Our licensed professional employee assistance consultants are available for telephonic consultation for routine or urgent concerns.

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

## Visit an Employee Assistance Program (EAP) network provider.

1-10 sessions per issue per year are available to you and your household members. Call us for referrals or go online, search the provider directory and obtain an authorization.

Video-based sessions are also available to fit your busy schedule. Call for information.

## Find helpful information online.

- › Access interactive tools and educational materials on work and life topics.
- › Explore our Managing Stress Toolkit, access mindfulness exercises and discover stress management techniques.
- › Use the search box to find specific content.

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

Give us a call or visit [www.myCigna.com](http://www.myCigna.com) to locate referrals and resources for services such as:

**Adoption:** Learn more about your options and the agencies that can help.

**Child Care:** 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:** We'll help you make the best decisions for your family for college searches and more.

**Financial Services Referral:** Free 30-minute financial consultations by phone and 25% off tax preparation.

**Identity Theft:** Get a free 60-minute expert consultation by phone for prevention or if you are victimized.

**Legal Consulting:** Get a free 30-minute consultation with a network attorney and 25% off select fees.†

**Parenting:** Find guidance on everything from toilet training to sibling rivalry.

**Pet Care:** From vets to dog walkers, we'll help you ensure your pets are well taken care of.

**Prenatal Care:** Find guidance through every pregnancy stage.

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

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