



Employee  
Assistance  
Program (EAP)  
**24/7**



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## Support for your mind and body.

**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:  
**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: **Cigna.com/individuals-families/health-wellness.**

**Suicide Awareness and Prevention:** Find crisis resources and information at **Cigna.com/individuals-families/health-wellness.**

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

## Call anytime for questions or support.

**1.866.395.7794**

**myCigna.com**

Employer ID:

**episcopal**

(for initial registration)

**TTY/TDD users**

**call 711**



Employee assistance program (EAP) services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Program availability may vary by plan type and location, and are not available where prohibited by law.

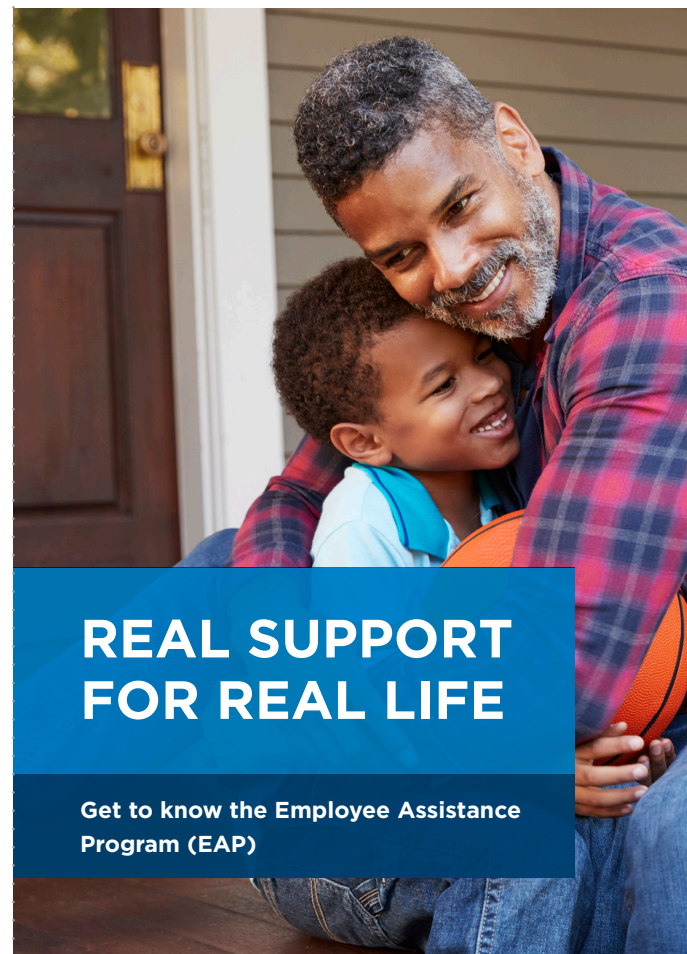
\* **Healthy Rewards programs are NOT insurance.** Rather, these programs give a discount on the cost of certain goods and services. The customer must pay the entire discounted cost. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Participating providers are solely responsible for their goods and services.

Some work/life services offered under the Cigna Employee Assistance Program may be provided by a Cigna-contracted third-party vendor.

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



# REAL SUPPORT FOR REAL LIFE

Get to know the Employee Assistance  
Program (EAP)



**Together, all the way.®**

# HERE TO HELP. AND SUPPORT. AND PROBLEM-SOLVE.

With the Cigna Employee Assistance Program (EAP), you can get support for everyday issues and life challenges. The Employee Assistance Program (EAP) is here to connect you with real people who can help you find real solutions to life's challenges.

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

Learn more about EAP at **Cigna.com/realsupport**.



To access mindfulness exercises and discover stress management techniques, explore our Managing Stress Toolkit at **Cigna.com/ManagingStress**.

## Coping with disasters

It can be difficult to manage the impact of disasters such as flooding, hurricanes, wildfires or the tragedy of violence affecting your community. For online resources to help you and household members cope, visit the Disaster Resource Center at **Cigna.com/DisasterResourceCenter**.



## Emotional Health

Get 1-10 sessions per issue per year with a dedicated, licensed counselor at no cost to you.

Start by calling or using live chat to get a referral. Through face-to-face or virtual sessions, get support on a range of topics, such as:

- › Relationships and parenting
- › Behavioral health and substance use
- › Stress management

Confidential phone consultations are available to you and anyone living in your household at no cost. Work with a licensed EAP clinician for 20-30 minutes per phone session. There are no limits to how often you can call for various concerns; you can expect up to two phone sessions per issue.

## Home Life Referrals

Get assistance with referrals to community resources and services.

- › 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.
- › Parenting: Find guidance on everything from toilet training to sibling rivalry.
- › Pet Care: From veterinarians 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.

## Financial and Legal Assistance

- › Financial Services Referral: Free 30-minute financial consultations by phone per topic and 25% off tax preparation.<sup>†</sup>
- › 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.<sup>†</sup>

<sup>†</sup>Customers are required to pay the entire discounted charge for any discounted legal and/or financial services. Legal consultations related to employment matters are excluded. Additional restrictions may apply.

## Employee Assistance Program (EAP) 24/7

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# Getting started with counseling



## Welcome to Talkspace

Talkspace is a digital space for private and convenient mental health support. With Talkspace, you can choose your therapist from a list of recommended, licensed providers and receive support day and night from the convenience of your device (iOS, Android, and Web).

## How it works

Our members can begin to exchange unlimited messages (text, voice, and video) with their personal therapist immediately after registration. Therapists engage daily, five days per week, which often includes weekends. Every Talkspace member is granted a complimentary, 10-minute video session to get to know their new therapist. Additional video sessions can also be scheduled.

You will continue to work with the same therapist throughout your journey. However, you're always welcome to switch providers so you can find the perfect fit. Talkspace's clinical network features thousands of licensed, insured, and verified clinical professionals with specialties ranging from behavioral to emotional and wellness needs, including:

- ✓ Stress
- ✓ Anxiety
- ✓ Depression
- ✓ Relationships
- ✓ Healthy living
- ✓ Trauma & grief
- ✓ Eating disorders
- ✓ Substance use
- ✓ Sleep
- ✓ Identity struggles
- ✓ Chronic issues
- ✓ And more

Talkspace can work for you. In a [study](#) of 10,000 member participants, 70% experienced significant symptom improvement and 50% fully recovered after 12 weeks of regular engagement with their Talkspace therapist.

## Ready to get started

- Visit [talkspace.com/EAPCigna](https://talkspace.com/EAPCigna)
- Complete our QuickMatch™ survey
- Review your best matches and choose your personal therapist

To access counseling through Talkspace at no cost for your available EAP sessions per issue during the year, you'll need an EAP Code from Cigna EAP. Simply call Cigna at 877.622.4327 or go to your EAP Coverage Page on [myCigna.com](https://myCigna.com) for live chat or self service.