

CIGNA EMPLOYEE ASSISTANCE PROGRAM (EAP)

Concordia Health Plan

866-726-5267

Your Cigna Employee Assistance Program (EAP) is a resource for support and information on issues big and small, personal and professional. And not just for you, but anyone living in your household. This benefit is provided by your employer; there is no cost to you. Use of EAP services is confidential; your employer will not be notified.

Your EAP benefit includes:

6 free face to face sessions available with an Employee Assistance Professional/Call- **Phone number 866-726-5267** to ask about therapist referrals and authorization

- > Unlimited telephone consultations
- > 24 hour crisis line available seven days a week
- > Work/life support such as resources/referrals for elder care, child care, pet care
- > Financial services
- > Legal services
- > Online access at www.mycigna.com includes:

On “Review My Coverage” tab, under EAP:

- Share access to EAP benefits with someone in your household
- Live chat with a Cigna EAP consultant
- Schedule a phone call with a Cigna EAP consultant
- Get an authorization to visit a licensed EAP counselor
- Find a licensed EAP counselor near you
- Access to Work/Life Resources
- Interactive assessment tools for stress, fitness, and more
- Access live and on-demand EAP National Wellness Seminars

On “Manage My Health” tab:

- Healthy Rewards – Discount Programs
- Health Encyclopedia



Your EAP is...

- > Available to help 24 hours a day, seven days a week
- > Available to you and members of your household
- > Provided at no cost to you
- > Confidential

Together, all the way.®



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