



***“The ‘I wouldn’t trade this time for anything. But I could use a little help.’ Program.”***

**Get real solutions for real life with the Cigna Employee Assistance Program.**

**If you’re caring for a parent, spouse or someone else in your life, you’re not alone.**

In fact, there are more than 43 million Americans providing care to an adult or child.\* With the Cigna Employee Assistance Program (EAP), you can get support for the complicated issue of caring for your loved one. You’ll get real solutions from a range of different resources, such as:

- Licensed clinicians to help address your own needs as a caregiver. Consultation available by phone\*\*
- Legal and financial consultation services
- Resource information for in-home care, companion services, assisted living and skilled nursing facilities
- Community resources and support groups
- Information on caregiving, home safety, insurance and other concerns
- Self-care strategies that can fit into your busy schedule
- Online resources and tools



**Contact us any day, anytime.**

**Call your EAP  
or visit myCigna.com.**

**TTY/TDD users call  
877.486.2048 or 711**

**Get real support for real life  
with Cigna’s EAP.**

All of these services are confidential and available to you and anyone in your household. Plus, they’re all available at no cost to you.

**Together, all the way.®**



\*The National Alliance for Caregiving and AARP (2015), “Caregiving in America.” <https://www.caregiving.org/research/caregivingusa>.

\*\*Some programs also include no-cost counseling sessions with network EAP counselors. The available number of no-cost counseling sessions per issue is limited and will depend on the service model purchased by your employer.

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

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