



“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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