Cigna

Employee Assistance & Work/Life Support Program
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.**

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/**

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

Call **1.877.622.4327**
Log in to **www.myCigna.com**
Employer ID:
ocps
For initial registration.

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For the employees of Orange County Public Schools and their household members.

OCPS



WE CAN HELP YOU WITH THAT

Explore the programs and services available to you.

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818480 e 03/18 SR # 55394874-121296115

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 & Work/Life Support Program 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.

1-5 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 to locate referrals and resources for services such as:

Child Care: We'll help you find a place, program or person that's right for your family.

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.†

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

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

Take advantage of the convenience of consultation by phone:

- Confidential
- No cost to you or anyone living in your household
- Work with a licensed EAP clinician
- 20 to 30 minutes in length
- Unlimited number of consultations each year

Managing Stress

There are ways to manage stress and build resilience that will make your life easier. Check out the online Managing Stress Toolkit for:

- Self-assessment tools
- On-demand stress reduction seminars
- Mindfulness exercises for free download
- Helpful articles and information

†Legal consultations related to employment matters are not available under this program.

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