cigna healthcare

Employee Assistance & Work/Life Support Program

24/7

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Support for your mind and body.

EAP National Wellness Seminars: Take part in bi-monthly seminars year-round on topics that apply to real-life concerns. Join live or on demand from a computer, smartphone or tablet at: Cigna.com/EAPWebCasts.

Behavioral Awareness Series: We offer free 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/SuicidePrevention.

Call anytime for questions or support.

1.866.395.7794
myCigna.com
Employer ID: episcopalpsn
(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.

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

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

EPISCOPAL CHURCH MEDICAL TRUST



Real support for real life

Get to know the Employee Assistance & Work/Life Support Program

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Here to help. And support. And problem-solve.

With our Employee Assistance & Work/Life Support Program, you can get support for everyday issues and life challenges. The Employee Assistance & Work/Life Support Program 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.



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

Pastoral Support Network:

The Pastoral Support Network (PSN) offers counseling and support services with a particular sensitivity to the unique issues priests and their families may experience. If there's an issue for which you'd like assistance, you can talk with a PSN counselor over the phone or get a referral for a counseling professional in your area.

The Pastoral Support Network is part of your EAP benefit, and is completely confidential. Neither your congregation/employer nor the Episcopal Church Medical Trust will be notified when you use the services.

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. Face to face or virtual sessions available for topics such as:

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

Home Life Referrals

Referrals for community resources/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.
- **Senior care:** Learn about solutions related to caring for an aging loved one.
- **Convenience services:** Shorten your to-do list with referrals for home maintenance, relocation, dining and more.
- **Education guidance:** We'll help you make the best decisions for your family for college searches and more.
- **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.

Financial and Legal Assistance

- **Legal consulting:** Get a free 30-minute consultation with a network attorney and 25% off select fees.†
- **Financial services referral:** Free 30-minute financial consultations by phone per topic and 25% off tax preparation.†
- **Identity theft:** Get a free 60-minute expert consultation by phone for prevention or if you are victimized.

†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.

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