



EMPLOYEE ORIENTATION TO THE EMPLOYEE ASSISTANCE PROGRAM

Real support for real life

Presented by your
Employee Assistance Program

Together, all the way.®



SEMINAR GOALS



- Know more about your EAP
- Find out who can use the EAP
- Learn about the wide range of EAP services and how they can help you
- Review how to access the EAP

WHAT IS AN EAP?

An EAP is a benefit that is paid for by the company to assist employees and their household members in obtaining help for a wide variety of issues.



These problems may include issues with family, alcohol, drugs, emotions, stress, or legal or financial questions.



TEST YOUR EAP KNOWLEDGE



Your EAP benefit is free.

TRUE

There is no cost to you for any EAP services.

You can receive a free 30-minute consultation with a network lawyer in your area through the EAP.

TRUE

and this is 30 minutes *per issue*, plus 25% discount on most legal fees.*

The EAP can advise you about home refinancing.

TRUE

You can receive a free 30-minute phone consultation with a financial specialist about a wide range of questions, including home refinancing.

*Employment-related legal issues are not covered.

Use and distribution limited solely to authorized personnel. © 2023 Cigna. Some content provided under license.



BENEFITS OF THE EAP



- Confidential
- Available 24 hours a day, 7 days a week
- Household benefit
- Prepaid by your employer
- Face-to-face or virtual sessions
- Unlimited telephonic consultation
- Home/Life referral support such as elder care, child care, and pet care
- Convenience services
- Financial services
- Legal services

Benefits vary by employer. Please check with your HR for your specific EAP benefits.



BENEFITS OF THE EAP

Face-to-face or virtual sessions

- Household benefit
- Licensed clinicians in your community
- Prepaid by your employer; no cost to you
- Confidential
- Phone line open 24/7
- Crisis intervention and support



BENEFITS OF THE EAP

Phone consultations

- 20- to 30-minute consultation phone call with a licensed clinician
- Unlimited number of consultations
- Available to employees, family and household members
- Confidential



Consultants can help you...

- Get information and answers
- Identify resources
- Explore treatment options
- Make an action plan



HOME/LIFE REFERRAL RESOURCES



- Child care
- Elder care
- Adoption
- Education
- Pet care
- Convenience services
- Legal*
- Financial
- Identity theft
- Online support



*Employment-related legal issues are not covered.

Use and distribution limited solely to authorized personnel. © 2023 Cigna. Some content provided under license.



HOW TO ACCESS HOME/LIFE RESOURCES ONLINE



Go to **myCigna.com**

- First-time visitors complete a one-time registration
- If already registered on myCigna, just log in
- Click on “Coverage”
- Click on “Employee Assistance Program (EAP)”
- Click “Work/Life Resources” (found under Home Life Referrals)

[myCigna.com](https://mycigna.com) / myCigna app



ACCESSING YOUR EAP SERVICES ONLINE

Along with Home/Life Resources, you'll find many other EAP services and resources online:

- Schedule a phone call with an EAP consultant
- Live chat with a personal advocate
- Find a licensed EAP counselor near you
- Interactive self-assessment tools
- EAP National Wellness Seminars



myCigna.com / myCigna app



SUMMARY



Your EAP

- Easy to access
- Call for any kind of issue or concern
- We are here for you 24/7/365
- It is confidential
- There is no cost to you

This helpful benefit is being provided by your employer. We hope you will take advantage of these services and tell your household members about them.



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation.
All models are used for illustrative purposes only.

857380n 07/23 © 2023 Cigna Some content provided under license.

