



# ELDERCARE

**We can help you with that.**

Whatever your eldercare needs, we're here to help. Offered by your employer at no cost to you through your Cigna Employee Assistance Program (EAP), you have access to information and referrals to assist you in all areas of elder caregiving and family support.

- › Confidential caregiver support services provided by phone or online 24/7
- › Qualified eldercare consultants available
- › Community resources and assistance in your area
- › Resources on caregiving, insurance and end-of-life decisions
- › Referrals for in-home care providers, assisted living providers and skilled nursing facilities

**We're here to listen. Contact us any day, anytime.**

Call 1.877.622.4327

Or log in to [myCigna.com](http://myCigna.com).

Employer ID: newmilford

Initially Register or log in to [myCigna.com](http://myCigna.com) to access EAP under "Coverage"

**Together, all the way.®**



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

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