



EMPLOYEE ORIENTATION TO THE EMPLOYEE ASSISTANCE PROGRAM

Presented by
Cigna 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?

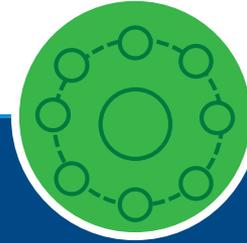
An EAP is a benefit that is paid for by the company to assist employees and their household members in obtaining help for a wide variety of issues.



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 lawyer in your area through the EAP.

TRUE

and this is 30 minutes *per issue*

The EAP can advise you about home refinancing.

TRUE

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



BENEFITS OF THE EAP



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

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



BENEFITS OF THE EAP

Face-to-face sessions

- Licensed clinicians in your community
- Prepaid by your employer – no cost to you
- Household benefit
- 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
- Explore treatment options
- Identify resources
- Make an action plan



WORK/LIFE RESOURCES

- Child care
- Elder care
- Adoption
- Education
- Pet care
- Convenience services
- Legal
- Financial
- Identity theft
- Work/life online support



CHILD CARE CONSULTATION AND REFERRALS



- Preschool programs
- Nursery schools
- Family day care homes
- Child care centers
- In-home care
- Babysitters
- Nanny agencies
- Special needs care
- Sick-child care
- Before- and after-school care
- Back-up and odd-hour care
- Summer school / programs
- Camps
- Special needs camps
- International study programs
- Child development
- Child safety
- Discipline
- Toilet training issues
- Grandparents as parents
- Parenting support groups
- Blended family support

ELDER CARE CONSULTATION AND REFERRALS



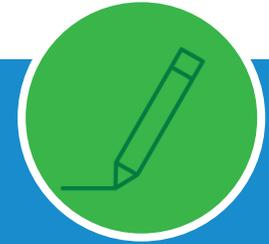
- Medicare/Medicaid
- Supplemental insurance
- Home safety
- Rehabilitation programs
- Skilled-nursing facilities
- Adult day care
- Transportation services
- Hospice
- Home health agencies and nursing programs
- Grief support
- Caregiver support resources
- Home medical equipment
- Senior centers
- Retirement communities
- Independent and/or assisted living centers
- Geriatric case management programs and services
- Alzheimer's support
- Food and other visitation/assistance programs (Meals-on-Wheels)
- Chore/companion services
- Volunteer organizations
- Community services
- Elder law attorneys
- End-of-life resources

ADOPTION CONSULTATION AND REFERRALS



- Adoption agencies
- Adoption attorneys
- Adoption advocacy groups
- State adoption specialists
- International adoption
- Adoption subsidies
- Non-traditional adoptions
- Stepparent adoption
- Kinship care resources
- Foster care resources
- Location services for finding birth parents and siblings
- Infertility resources (clinics, counseling)

EDUCATION CONSULTATION AND REFERRALS



- Early learning programs, preschools
- Public and private schools
- Special needs education
- Alternative schools
- School district profiles and report cards
- Home schooling resources
- Tutors
- At-risk youth resources
- “Boot camps,” military schools
- Non-college options
- Internship resources
- 2- and 4-year colleges
- Graduate schools
- Community colleges
- Continuing education
- Elder hostels
- Admissions testing
- Financial aid
- Career development
- Career counseling and testing

PET CARE RESOURCES



- Pet-sitters
- Veterinarians
- Pet obedience training
- Boarding/kennel services
- Pet supplies

CONVENIENCE SERVICES

- Home management
- Recreation and leisure
- Event planning
- Travel



LEGAL CONSULTATIONS



- Criminal law
- General/civil law
- Domestic/family law
- Elder law
- Real estate law
- Tax and IRS matters
- Motor vehicle law
- Tax preparation

This service is not available for consultations about employment law.

FINANCIAL CONSULTATIONS

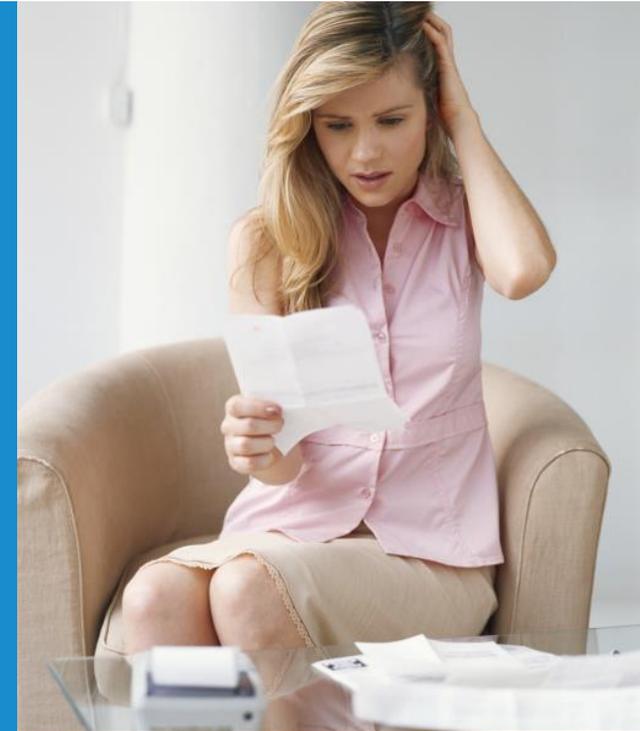


- Free 30-minute consultation with a financial specialist
- Credit management
- Debt counseling
- How to reduce living expenses
- Budgeting techniques
- Restoring credit
- 401(k) investing
- Home refinancing
- Flexible spending accounts
- Student loan consolidation, default, and payment options
- Tax planning and preparation with a 25% discount
- Retirement planning strategies
- Divorce planning

IDENTITY THEFT

Free consultation with an identity theft/fraud resolution specialist, which includes the following:

- Educational materials
- How to notify authorities, credit reporting agencies, and creditors
- An “Emergency Response Kit” shows how to report fraud and restore your credit rating
- Forms and letter templates for reporting and itemizing fraudulent occurrences
- How to take future protective measures



HOW TO ACCESS WORK/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 or Job and Career Support)

myCigna.com



ACCESSING YOUR EAP SERVICES ONLINE

Along with Work/Life Resources, you'll find many other EAP services and resources at myCigna.com

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



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



EAP NATIONAL WELLNESS SEMINARS

- Webcasts offered regularly throughout the year
- Registration available online
- Wide range of topics covered:
 - Workplace issues
 - Family matters
 - Personal development
 - Managing stress
 - Handling emotional challenges
 - Health and wellness



myCigna.com



HEALTHY REWARDS

Discounts on services/supplies for:

- Weight management and nutrition
- Fitness
- Mind/body
- Vision and hearing care
- Alternative medicine
- Wellness & healthy products



myCigna.com

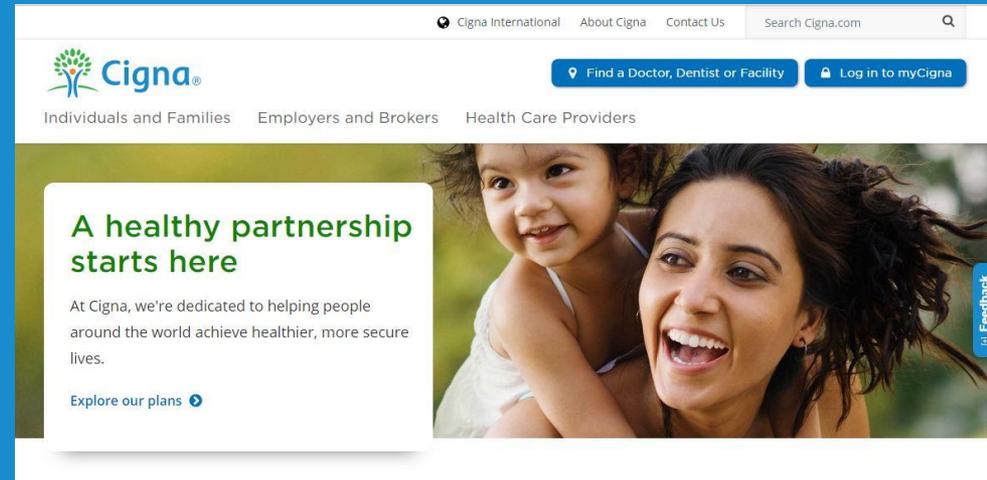


ADDITIONAL RESOURCES ON CIGNA.COM WEBSITE

Visit Cigna.com

- › click “Individuals and Families” tab
- › click “Health and Wellness” tab

- Public website
- No registration or log in
- Many helpful resources to manage health and well-being
- Available to anyone



Cigna.com



WHEN YOU CALL

You call EAP



Personal Advocate
helps you access
appropriate service



Face-to-face
visit

Informational
services

Telephonic
support

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



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.



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