

Finding Work / Life Resources on MyCigna.com Website

Employee Assistance Program (EAP)

Customer Login

Username [Forgot Username?](#)

Password [Forgot Password?](#)

[Show](#)

[Log In](#)

Haven't created an account yet?

[Register](#)

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

“Customer Login”

If you already use [myCigna.com](https://mycigna.com), simply log in as usual.

If you're a first-time user, follow registration instructions to set up your Username and Password.

[Coverage](#) [Claims](#) [Spending](#)

Getting Started

[Quick Start Guide](#)

Enrollment

Pre-certifications

Coverage for:

Medical

Pharmacy

Dental

Mental Health

[Business Care Services](#)

[Life and Accidental Death & Dismemberment](#)

[Disability/Leave of Absence](#)

[Employee Assistance Program \(EAP\)](#)

Hover over the **“Coverage”** tab at the top of the page.

Find and click on the **“EAP”** link in the drop down box options.

Under “Home Life Referrals” or “Job and Career Support,” click **“See Work/Life Resources”** link.

*There may be some differences in the appearance of your EAP page.



ID Cards HI, Kayla

[Home](#) [Find Care & Costs](#) [Coverage](#) [Claims](#) [Spending Accounts](#) [Prescriptions](#) [Wellness](#)

Employee Assistance Program (EAP)

Coverage period: 01/01/2019 - 12/31/2019 Coverage is active for: Anyone who shares the subscriber's address, including a family member, or in-laws.

Real support for real life. Confidential and no cost to you.

Your home and work life impacts your health. Cigna's EAP provides access to work/life resources, and licensed clinicians to help you cope with a wide variety of concerns, from family and financial issues to substance use, emotional health, and stress. [Learn more about confidentiality and cost](#)

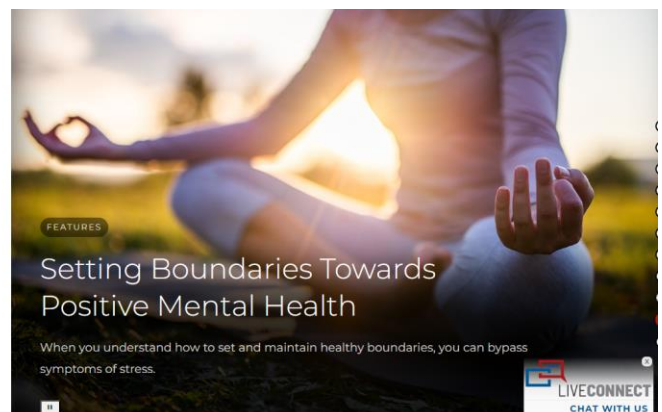
Emotional Health and Family Support Learn how to manage stress, address depression and anxiety, cope with illness, and adjust to life challenges. Also, get help with marriage and relationship issues. Chat with us. Use the bubble on the bottom right of the screen. Schedule a call with an EAP consultant Visit an EAP counselor	Home Life Referrals Request referrals for child care, eldercare, adoption, pet care, home repairs, and more. Address parenting questions. Chat with us. Use the bubble on the bottom right of the screen. See Work/Life Resources of	Financial and Legal Assistance Calls with financial consultants on debt, budget, identity theft, retirement, etc. Get a no-cost 1-hour per legal issue with a national attorney. (Employment-related matters excluded.) Chat with us. Use the bubble on the bottom right of the screen. See Work/Life Resources of	Job and Career Support Discuss career growth, and get tips for managing workplace stress and change, and other issues. Chat with us. Use the bubble on the bottom right of the screen. Schedule a call with an EAP consultant See Work/Life Resources of
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Anyone in your household can use EAP services. [Get them connected now](#)



HOMEPAGE
PARENTING
AGING
BALANCING
THRIVING
WORKING
LIVING
INTERNATIONAL

Choose Language
A A A



Find topic centered resources including articles, audio, eLearning, seminars, and more. Site also includes a locator for various care providers, updates on current events, specialty centers, access to Live Connect Online and more.