Here for you and those around you.

Around-the-clock resources await.



The Employee Assistance Program (EAP) is here for you and those in your household, 24/7. Whether you are a full or part-time employee, you have access to EAP regardless of healthcare coverage. If you are in need, we're here to support. Take advantage of this resource today.

Workplace wellness

Combatting workplace aggression.

Workplace aggression can range from verbal threats and verbal abuse to physical assaults and homicide. Every year, many employees are victims of workplace aggression. It can strike anyone, anywhere, making it a growing concern for both employers and employees.

Call the dedicated EAP line at 800.247.4433, or go to **myCigna.com™** > Coverage > Employee Assistance Program (EAP)

Emotional health

Recognize and cope with your emotions.

Get up to five sessions per issue per year with a dedicated, licensed counselor at no cost to you. Through face-to-face or virtual sessions, get support on a range of topics, such as relationships and parenting, behavioral health, substance use and stress management. Call or use live chat to get a referral.

Additionally, unlimited, confidential phone consultations are available to you and anyone living in your household. Work with a licensed EAP clinician for 20–30 minutes per phone session. Call as often as you need for various concerns; you can expect up to two phone sessions per issue.

How the EAP makes a difference

95.1%
improved ability to manage stress*

92.9%
improved ability to balance work and life*

Parkland

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More 24/7 resources are available to you on Cigna.com:

Visit **Cigna.com/ManagingStress** to access mindfulness exercises and discover stress management techniques.

Visit **Cigna.com/SuicidePrevention** for crisis resources and information around suicide awareness and prevention.

Visit **Cigna.com/knowledge-center/mental-health-awareness-seminars** to learn about our free monthly behavioral health awareness seminars on autism, eating disorders, substance use and children's behavioral health issues.

General wellness

Find support for your mind and body.

Take part in monthly seminars year-round on topics that resonate most with you. Watch live or on demand at **Cigna.com/EAPWebCasts**.

You can also log in to **myCigna.com®** and navigate to the Wellness home page. Various discounts are available in the Wellness store under "Wellness Experience." See additional discounts under the Perks & Programs tab. (These include discounts from Amplifon®, Active&Fit and LASIK surgery)

Home-life referrals

Help isn't limited to the workplace.

- **Adoption:** Learn more about your options and the agencies that can help.
- **Emergency childcare:** We'll help you find a place, program or person that's right for your family.
- **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 with college searches and more.
- **Parenting:** Find guidance on toilet training, sibling rivalry and more.
- **Pet care:** We'll help you ensure your pets are well taken care of with resources for needs like veterinarians or dog walkers.
- **Children with special needs:** Let us help you better understand and care for your unique family needs.
- **Senior care:** Learn about solutions related to caring for an aging loved one.

Financial and legal assistance

Receive services to help you navigate.

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

Disaster relief

Get help during times of tragedy.

It can be difficult to manage the impact of disasters such as flooding, hurricanes, wildfires or the tragedy of violence affecting your community. For online resources to help you and your household members cope, visit **Cigna.com/DisasterResourceCenter**.

Connect anytime.

Call 800.247.4433

(TTY/TDD users, call 711).

Visit **myCigna.com** using employer ID: "parkland" (for initial registration).

Or if you simply want to learn more, visit **Cigna.com/realsupport**.

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* 2022 Cigna Healthcare Satisfaction Surveys, Employee Assistance Program Evaluation, Manager Satisfaction, Wellness Seminar Satisfaction, 2023. Results are gathered throughout the year on a statistically significant sample of National and Regional clients who utilized relevant EAP services within that year. Results may vary

** 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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