



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?

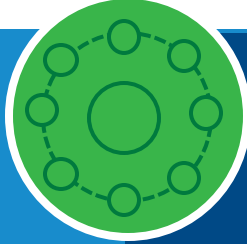
An EAP is a benefit that is paid for by the company to assist employees and their household members in obtaining help for a wide variety of issues.



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.



BENEFITS OF THE EAP



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

- 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 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.



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



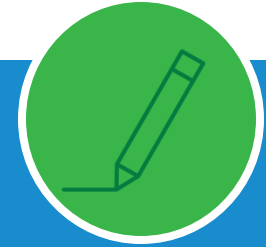
- Medicare/Medicaid
- Supplemental insurance
- Home safety
- Rehabilitation programs
- Skilled-nursing facilities
- Adult day care
- Transportation services
- Hospice
- Home health agencies and nursing programs
- Grief support
- Caregiver support resources
- Home medical equipment
- Senior centers
- 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 maintenance and repair
- 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 phone 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
- 25% discount on tax planning and preparation software, includes expert guidance
- Retirement planning strategies
- Divorce planning



IDENTITY THEFT

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

- 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 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 the Home Life Referrals tile)

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



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



Cigna.com/EAPWebcasts



HEALTHY REWARDS

Discounts on services/supplies for:

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



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Healthy Rewards is a discount program. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. If your health plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. Healthy Rewards programs are separate from your plan benefits. A discount program is NOT insurance, and you must pay the entire discounted charge. All goods, services and discounts offered through Healthy Rewards are provided by third parties who are solely responsible for their products, services and discounts.



WHEN YOU CALL



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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