

Whatever life throws at you - THROW IT OUR WAY.



Life. Just when you think you have it figured out, along comes a challenge. But whether those challenges are big or small, your Life Assistance Program is available to help you and your family find a solution and restore your peace of mind.

Call us anytime, any day.

We're just a phone call away whenever you need us – at no cost to you. An advocate is ready to help assess your needs and develop a solution to help resolve your concerns. He or she can also direct you to an array of resources in your community and online tools, including an article library.

Visit a specialist.

For face-to-face assistance, you have three sessions available to you and your household members. Call us to request a referral.

Reward yourself.

Access your Healthy Rewards^{®1} discount program for discounts on a range of health and wellness services and products from participating providers.

Achieve work/life balance.

It's a constant challenge. If you'd like help handling life's demands, call us for extra support. We can provide guidance or a referral to a service in your community on topics such as:



Legal consultation.²

Receive a 30-minute free consultation and up to a 25% discount on select fees.



Parenting.

Receive guidance on child development, sibling rivalry, separation anxiety and much more.



Senior care.

Learn about challenges and solutions associated with caring for an aging loved one.



Child care.

Whether you need care all day or just after school, find a place that's right for your family.



Pet Care.

From grooming to boarding to veterinary services, find what you need to care for your pet.



Temporary back-up care.

Don't let an unplanned event get the best of you – find back-up child care.

Life Assistance Program 24/7

These are just a few examples of the support available to you. Call to get the assistance you need to help resolve life's challenges.

800.538.3543 | Visit us at: www.CignaBehavioral.com/CGI

Self-service support – at your fingertips. Educational materials on work/life topics such as caregiving, daily living and working smarter are available online, as well as personal assessments and interactive tools, including a savings center and relocation center.

Additional features. Try using the online skill builders or attend a webinar to help you learn new skills and adopt positive work/life balance habits – for good.

Call us anytime, any day or go online for information or resources to help resolve life's challenges.

GO YOU[®]



1. Some Healthy Rewards programs are not available in all states. If your Cigna plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits.

A discount program is NOT insurance, and you must pay the entire discounted charge.

2. Legal consultations and discounts are excluded for employment-related issues.

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Life Assistance Program (LAP)

Call 800-538-3543 or visit us on the web at www.cignabehavioral.com/cgi

Face-to-Face Counseling Services

Service Level	<ul style="list-style-type: none"> • 24/7 Telephonic Access • Network Provider Referrals
Participant Services	<ul style="list-style-type: none"> • Telephonic Consultation • Crisis Intervention Services • Community Resources • Healthy Rewards[®] Discount Program • 1-3 Face-to-Face Sessions

Telephonic and Web Resource Services

Telephone Support	<ul style="list-style-type: none"> • Child Care Child care centers, family child care homes, in-home care, baby-sitting agencies and options, nanny agencies and options • Senior Care Home health agencies, nursing homes, assisted living facilities, continuing care retirement communities • Prenatal Care Birthing methods, nutrition, exercise, and diet, child care pre-planning 	<ul style="list-style-type: none"> • Parenting Child development, sibling rivalry, separation anxiety, sleep and bedtime routines, toilet training • Summer Care Residential camps, day camps, traditional camp programs, specialized camp programs • Special Needs Common childhood illnesses, children with multiple disabilities, developmental delays • Pet Care Veterinarians, insurance, pet-sitting resources, obedience training, pet store, pet supply catalogs 	<ul style="list-style-type: none"> • Adoption State adoption specialists, adoption support groups, private adoption • Education Kindergarten programs, public schools, undergraduate & graduate programs • Legal 30-minute free consultation, 25% discount on usual fees, referrals to local providers • Financial 30-minute free phone consultation with a qualified specialist on issues such as tax preparation, debt counseling and planning for retirement. 25% off tax preparation <p><i>***Note: Employment-related issues are not covered.</i></p>
Online Support	<ul style="list-style-type: none"> • Parenting Adoption, child care, developmental stages, kid's well-being, education • Aging Adults with disabilities, aging well, planning for the future, U.S. systems for the elderly, housing options, home care, health, caregivers, grief & loss • Balancing Personal growth, communication, families, relationship, grief & loss, mental health, addiction & recovery 	<ul style="list-style-type: none"> • Thriving Health tools, live healthy, healthy eating, medical care, infant & toddler health, child health, adolescent health, women's health, men's health, senior health, health challenges • Working Accomplished employee, effective manager, career development, training & development, workplace productivity, workplace diversity, workplace safety • Living Consumer tips, home improvement, home buying or selling, moving, financial, legal, legal ready docs, errands online, safety, pets, travel & leisure time, fraud & theft 	<ul style="list-style-type: none"> • Educational Materials • Personal Assessments • Interactive Tools • Self-Search Provider Locators • Email for consultant-assisted search • Web Seminars