

Life Assistance Program 24/7



Life Assistance Program



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Self-service support – at your fingertips.

Educational materials on work/life topics such as caregiving, daily living and working smarter are available online, including a savings center and relocation center.

Extra flexibility. For assistance with your search, we can email you. Include your email address when you request support via the web. It's just one more way for us to meet your needs.

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



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.

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Whatever life throws
at you – **THROW
IT OUR WAY.**



GO YOUSM



Offered by: Connecticut General Life Insurance Company
or Cigna Health and Life Insurance Company.

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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 & Work/Life Support Program is available to help you and your family find a solution and restore your peace of mind.

Call us any time, 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.

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[®] amenities program for discounts on a range of health and wellness services and products from participating providers. Click on the Healthy Rewards link to access discount information.

Achieve work/life balance. Get extra support for handling life's demands. Call for a referral to a service in your community or advice on topics such as:

- **Legal consultation.** 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.

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.

1.800.538.3543

Visit us at: CignaBehavioral.com/CGI

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