



Employee
Assistance &
Work/Life
Support Program
24/7



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Support for your mind and body.

EAP National Wellness Seminars: Take part in monthly seminars year-round on topics that apply to real-life concerns. Watch live or on demand from a computer, smartphone or tablet at:
Cigna.com/EAPWebCasts.

Behavioral Awareness Series: We offer free monthly behavioral health awareness seminars on autism, eating disorders, substance use and children's behavioral health issues. For more information, visit: **Cigna.com/knowledge-center/#mentalandemotionalhealth.**

Suicide Awareness and Prevention: Find crisis resources and information at
Cigna.com/SuicidePrevention.

Take advantage of your Healthy Rewards® discount program* for savings on many health and wellness products and services.

Call anytime for questions or support.

1.866.395.7794

myCigna.com

Employer ID: **episcopal**

Pastoral Network: **EpiscopalPSN**

(for initial registration)

TTY/TDD users call 711



Employee assistance program (EAP) services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Program availability may vary by plan type and location, and are not available where prohibited by law.

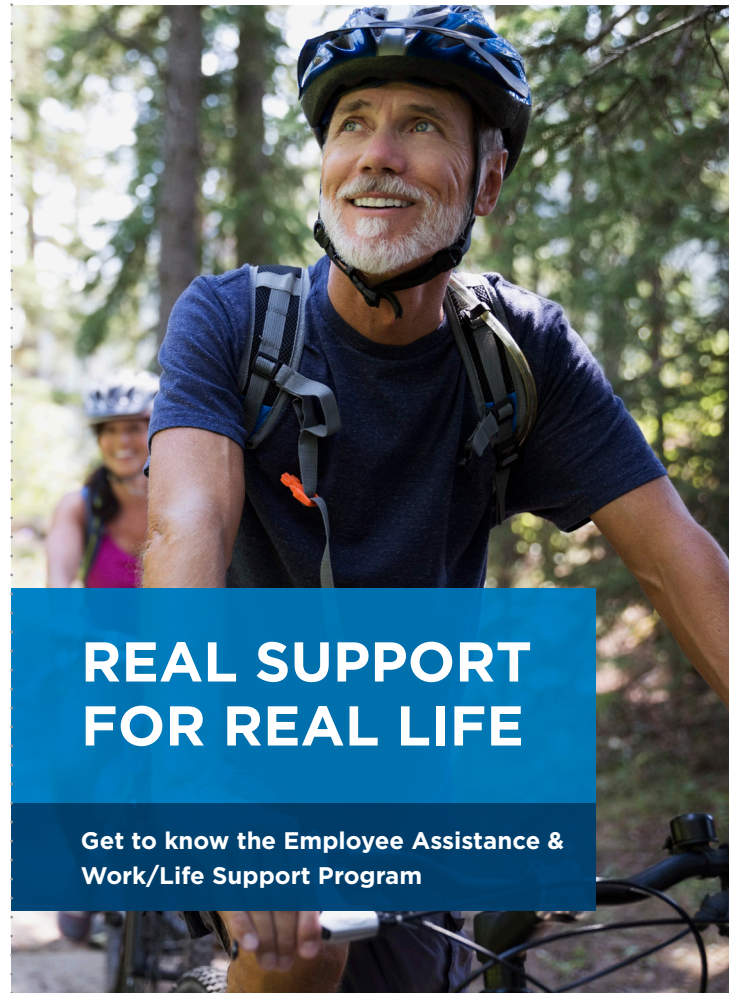
* **Healthy Rewards programs are NOT insurance.** Rather, these programs give a discount on the cost of certain goods and services. The customer must pay the entire discounted cost. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Participating providers are solely responsible for their goods and services.

Some work/life services offered under the Employee Assistance Program may be provided by a Cigna-contracted third-party vendor.

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For the employees
of Episcopal Church Medical
Trust and their household
members.



**REAL SUPPORT
FOR REAL LIFE**

**Get to know the Employee Assistance &
Work/Life Support Program**



Together, all the way.®

HERE TO HELP. AND SUPPORT. AND PROBLEM-SOLVE.

With the Employee Assistance & Work/Life Support Program, you can get support for everyday issues and life challenges. The Employee Assistance & Work/Life Support Program is here to connect you with real people who can help you find real solutions to life's challenges.

These services are all confidential and available at no additional cost to you and anyone living in your household.

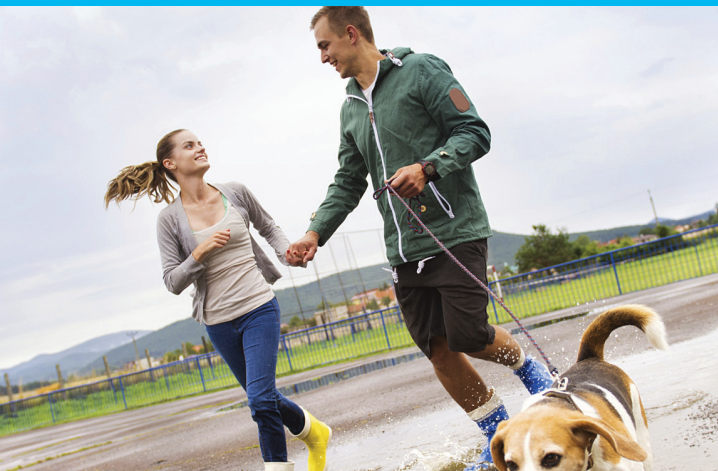
Learn more about EAP at [Cigna.com/realsupport](https://www.cigna.com/realsupport).



To access mindfulness exercises and discover stress management techniques, explore our Managing Stress Toolkit at [Cigna.com/ManagingStress](https://www.cigna.com/ManagingStress).

Coping with disasters

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 household members cope, visit the Disaster Resource Center at [Cigna.com/DisasterResourceCenter](https://www.cigna.com/DisasterResourceCenter).



Emotional Health

Get 1-10 sessions per issue per year with a dedicated, licensed counselor at no cost to you.

Start by calling or using live chat to get a referral. Through face-to-face or virtual sessions, get support on a range of topics, such as:

- › Relationships and parenting
- › Behavioral health and substance use
- › Stress management

Confidential phone consultations are available to you and anyone living in your household at no cost. Work with a licensed EAP clinician for 20-30 minutes per phone session. There are no limits to how often you can call for various concerns; you can expect up to two phone sessions per issue.

Home Life Referrals

Get assistance with referrals to community resources and services.

- › Child Care: We'll help you find a place, program or person that's right for your family.
- › Senior Care: Learn about solutions related to caring for an aging loved one.

Financial and Legal Assistance

- › Financial Services Referral: Free 30-minute financial consultations by phone per topic 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.†



Pastoral Support Network: The Pastoral Support Network (PSN) offers counseling and support services with a particular sensitivity to the unique issues priests and their families may experience. If there's an issue for which you'd like assistance, you can talk with a PSN counselor over the phone or get a referral for a counseling professional in your area.

The Pastoral Support Network is part of your EAP benefit, and is completely confidential. Neither your congregation/employer nor the Episcopal Church Medical Trust will be notified when you use the services.

†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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