

# 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<sup>®1</sup> 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.<sup>2</sup>**

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](http://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<sup>®</sup>**



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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