



MORE EMOTIONAL SUPPORT FOR YOUR EMPLOYEES

Cigna is expanding Employee Assistance Program sessions.

Cigna is committed to helping your employees through the COVID-19 crisis. One way we're doing this is by adding more Employee Assistance Program (EAP) sessions to help support their emotional well-being. From now through September 30, 2020, your employees will have access to additional sessions with licensed clinicians in our EAP network at no additional cost to them. It's real support for real life.

Here's what your employees can expect with our expanded support:

- Twice the number of free sessions with a licensed clinician in Cigna's EAP network*
- Meet with counselors virtually on their phone, tablet or home computer
- Unlimited access to [webcast recordings](#) to help them deal with COVID-19 anxiety, fears, and concerns

These services are available to employees and all household members – they do not need to have other Cigna coverages or be enrolled in medical coverage.



Support your employees' emotional well-being

Save the attached email to your desktop and then send it to your employees.

Visit the [Cigna Employer Resource Center](#) for additional support.

**There is a combined maximum of ten sessions per issue.*

Together, all the way.®

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