

Assistance  
Program  
24/7



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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, as well as personal assessments and interactive tools, 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 anytime, any day or go online for confidential assistance, information or resources to help resolve life's challenges.**



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

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WE  
CAN HELP  
YOU WITH  
THAT



GO YOU<sup>SM</sup>



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 Employee Assistance & Work/Life Support 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 1-10 sessions available to you and your household members. You can call us or go online, search the provider directory and 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.

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

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



**Identity theft.** Receive a 60-minute free consultation with a fraud resolution specialist.



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



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



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



**Education Guidance.** From online degrees to financial aid, take advantage of our wide range of information.



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.

**1.866.395.7794**

Log in to **CignaBehavioral.com**  
and enter your employer ID: **episcopal**

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Call us or reach us online.  
**1.866.395.7794**  
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Employer ID  
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Employer ID  
**episcopal**

**What do you need help with?  
Try your Employee Assistance  
Program. It's there to help you.  
Call toll-free: (866) 395-7794**



**Or log on to [www.cignabehavioral.com](http://www.cignabehavioral.com) and enter your Employer ID: *episcopal***

## **100 Reasons to call the Employee Assistance Program**

1. To access 10 free counseling sessions
2. For questions about my mental health
3. For a free 60 minute consultation for identity theft
4. For a free 30 minute legal consultation
5. I need help finding a kennel for my pet.
6. To get information about managing stress
7. I'm moving, and I need information about my new town.
8. I need to find a daycare facility for my child.
9. My grandparents are visiting, and I need to find some rentable medical equipment.
10. My daughter has allergies, and I need to find stores that carry wheat-free foods.
11. My veterinarian retired and I need to find a new one.
12. I need information about dealing with a moody teenager.
13. I think I got ripped off by a telemarketer. What can I do?
14. I think I am being harassed at work.
15. I need renter's insurance, and I don't know who to call.
16. How do I know if someone is abusing drugs? What do I look for?
17. How to find a drug treatment center
18. How to do an intervention for someone on drugs
19. How to find an Al-anon meeting
20. I need information about adoption.
21. I would like information about providing foster care.
22. I'm retiring, and I would like to find some support groups in my area.
23. My son was arrested for driving while intoxicated. How can I help him?

24. Our daughter is looking to hire a nanny. What should she ask during interviews?
25. I was diagnosed with high blood pressure and I need to decrease the salt in my diet. Can you help?
26. We're thinking of selling our house. How do we choose a realtor?
27. I need some tips for talking to my son about respecting his dates.
28. I need a support group for my sister who just found out that her daughter is gay.
29. I need help finding elder care for my mother who lives on the West Coast.
30. Are there any yoga classes in my area?
31. Where can I find information on healthy eating?
32. How do I help my son look for colleges?
33. How do I find a therapeutic boarding school for my daughter?
34. My child is being deployed for combat, and I need help to deal with this.
35. Where can I find a place that can test my son for ADHD?
36. I need information about finding a chiropractor.
37. I need help to stop smoking.
38. I think my child has an eating disorder.
39. Where can I find an assisted living facility for my grandmother?
40. How do I know if a nursing home is reputable?
41. Where can I find help for my son who is deaf?
42. My mother is having problems with her sight. Where can I find help?
43. Can you help me find a grief counselor?
44. Do you have information about autism?
45. I need to find a college that will work with kids who have learning disabilities.
46. How can I find assistance to help with college tuition?
47. I've started riding my bike again. Can you help me find bike paths in my area?
48. I lost my wallet. How can I protect myself?
49. I think my son-in-law is abusive. What are some signs I should look for?
50. My oldest daughter just lost her job. How can I be supportive?
51. I would like to start a book club. Can you give me ideas for how to do it?
52. How do I put together a budget? I've never done it before.

53. Will my living will and other papers be legal if I move to a different state?
54. I think my neighbor's child is being abused. What can I do?
55. I need a veterinarian oncologist. Can you help me find one?
56. I need more social outlets. What is available in my area?
57. I need assistance updating my resume. Can you help?
58. How can I judge if a children's daycare facility is safe and well-staffed?
59. School is back in session and I want to help my kids start the year with good homework habits.
60. What are some kid-friendly activities in my area?
61. My mother has Alzheimer's, and I need to know of any local resources.
62. Can you provide some questions I can use when interviewing a pediatrician?
63. My friend asked me to be the executor of her estate. What does that mean?
64. How do I report a stolen credit card?
65. Where can I find a health aide to help my mother in her home?
66. Do you have a list of activities to do with Alzheimer's patients?
67. How do I find a music therapist who works with kids?
68. Due to seizures, my adult son can't drive. How can I find rides for him?
69. How can I find a reputable audiologist?
70. Do I need travel insurance when I take a vacation, and what does it cover?
71. I'm taking a trip with my family, and I need information about traveling with kids.
72. Where can I find tools to help my child feel safe when flying alone?
73. Where can I find vacation ideas for my parents who are senior citizens?
74. Should I get pet insurance?
75. Can you provide me with a list of farmers' markets in my area?
76. I'm doing some home repairs. How can I find reliable contractors?
77. Where do I report someone who did not complete a job he was doing for me?
78. I lost my job and I need help to find another one.
79. I'm going through a divorce, and I need some support services for my children.
80. I think my child is chatting with inappropriate people online. I need help.
81. How can I block my computer from sites I don't want my kids to access?

82. Are there guidelines for protecting kids from internet sites?
83. My daughter's teacher is dying. How can I talk to my child about this?
84. I need to find an accountant who can handle clergy taxes.
85. I need to find a therapist for my daughter while she is away at college.
86. Our dog died. How can I help my son handle his grief?
87. I need to find a summer camp for my child.
88. What should I ask about when helping my parents choose a retirement facility?
89. My daughter dresses only in black. Should I be worried?
90. Where can I find a dog sitter?
91. I am going to be traveling for an extended period. How do I protect my home?
92. I feel like I'm in a rut. Am I depressed?
93. How can I help my son interact with his autistic cousin?
94. My dad is in hospice. How can I talk with him about his funeral?
95. Where can I find information about finding a funeral director and discussing available funeral-planning options?
96. We bought a home with a swimming pool. How can we make it child-safe?
97. Where can I donate all my parents furnishings? They're too good to throw away.
98. I'm pregnant. How do I find a midwife?
99. I am looking for an Episcopal retirement community. Can you help me?
100. Can you tell me where there are AA meetings in a town I will be visiting?

*The Episcopal Church Medical Trust (ECMT) is the sponsor of certain self-funded health plans and related benefits. ECMT is not affiliated with CIGNA Corporation or any of its subsidiaries. This material is for informational purposes only and is not a guarantee of coverage under any ECMT health plan. To determine what services are covered under an ECMT health plan, the corresponding Plan Handbook should be reviewed carefully. Always seek the advice of a health care professional with any questions about your personal health care status, and prior to making changes in your approach to diet and exercise.*