

# 24/7

Member 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, 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.



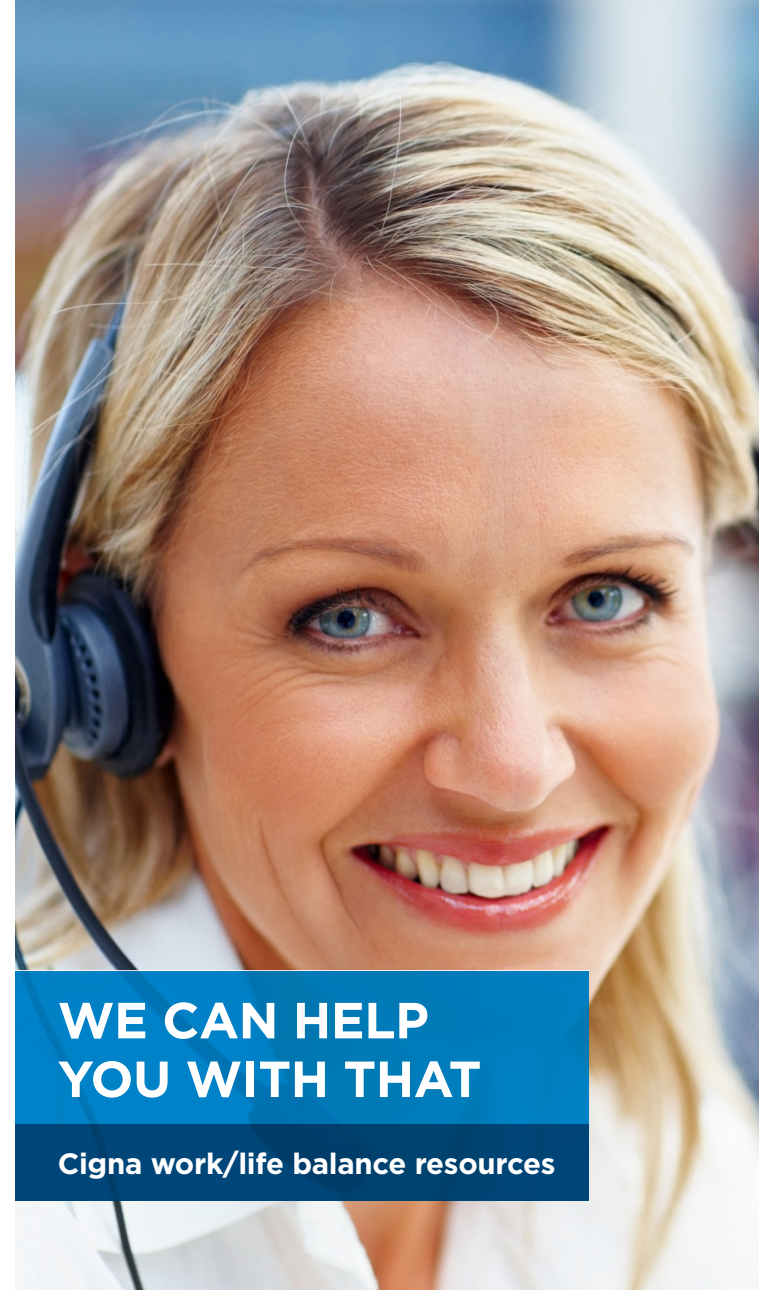
Call us anytime, any day  
1.800.794.7882 or go online for  
confidential assistance,  
information or resources to help  
resolve life's challenges.



\*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

Cigna work/life balance resources



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 Member Assistance & Work/Life Support Program is available to you and your household members to help 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.

## Reward yourself.

Access your Healthy Rewards<sup>®\*</sup> 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 free 30-minute consultation and up to a 25% discount on select fees.



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



**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.

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.

**800.794.7882**

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