

Self-service support – at your fingertips.

Go online for materials on work/life topics. For example, caregiving, daily living and working smarter. The website also includes a savings center and relocation center.

Additional features.

Try the online skill builders or attend a webinar. You can learn new skills and gain positive work/life balance habits.

We're here for you.

Confidential assistance, information and resources to help resolve life's challenges. Call us anytime, any day. Or go online.

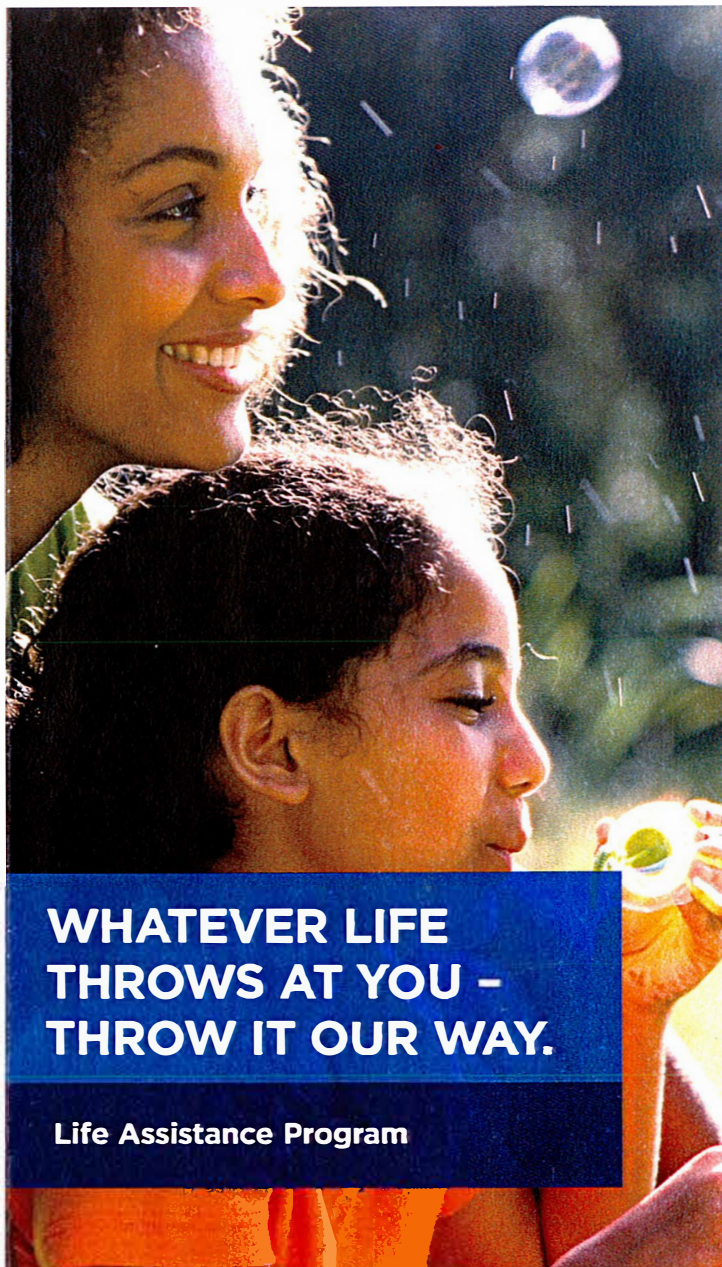


* Some Healthy Rewards programs are not available in all states. If your Cigna plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. A discount program is NOT insurance, and you must pay the entire discounted charge.

** Legal consultations and discounts are excluded for employment-related issues.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Life Insurance Company of North America, Cigna Life Insurance Company of New York, and Connecticut General Life Insurance Company. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

591220 i 05/15 © 2015 Cigna. Some content provided under license.



**WHATEVER LIFE
THROWS AT YOU –
THROW IT OUR WAY.**

Life Assistance Program

Together, all the way.™



591220 i 05/15

Life.

Just when you think you've got it figured out, along comes a challenge. Whether your needs are big or small, your Life Assistance & Work/Life Support Program is there for you. It can help you and your family find solutions and restore your peace of mind.

Call us anytime, any day.

We're just a phone call away whenever you need us. At no extra cost to you. An advocate can help you assess your needs and develop a solution. He or she can also direct you to community resources and online tools.

Visit a specialist.

You have three face-to-face sessions with a behavioral counselor available to you - and your household members. Call us to request a referral.

Reward yourself.

Access our Healthy Rewards** discount program. You can get discounts on health and wellness products and services.



Achieve work/life balance.

Get extra support for handling life's demands. Call for a referral to a service in your community. Or get guidance on topics such as:



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



Parenting. Get guidance on child development, sibling rivalry, separation anxiety and much more.



Senior care. Learn how to solve the challenges of 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.



Financial Services & Referral. Receive a free 30-minute consultation and 25% discount on select fees with network providers.

These are just a few examples of the ways we can help you resolve life's challenges.

Call us or reach us online:

800.538.3543

www.cignabehavioral.com/cgi