



Have questions? Don't see what you're looking for? Contact us to get the assistance you need.

Call **1.866.395.7794**  
Log in to **CignaBehavioral.com**  
and enter your Employer ID: **episcopal**

Employee Assistance & Work/Life Support Program  
**24/7**

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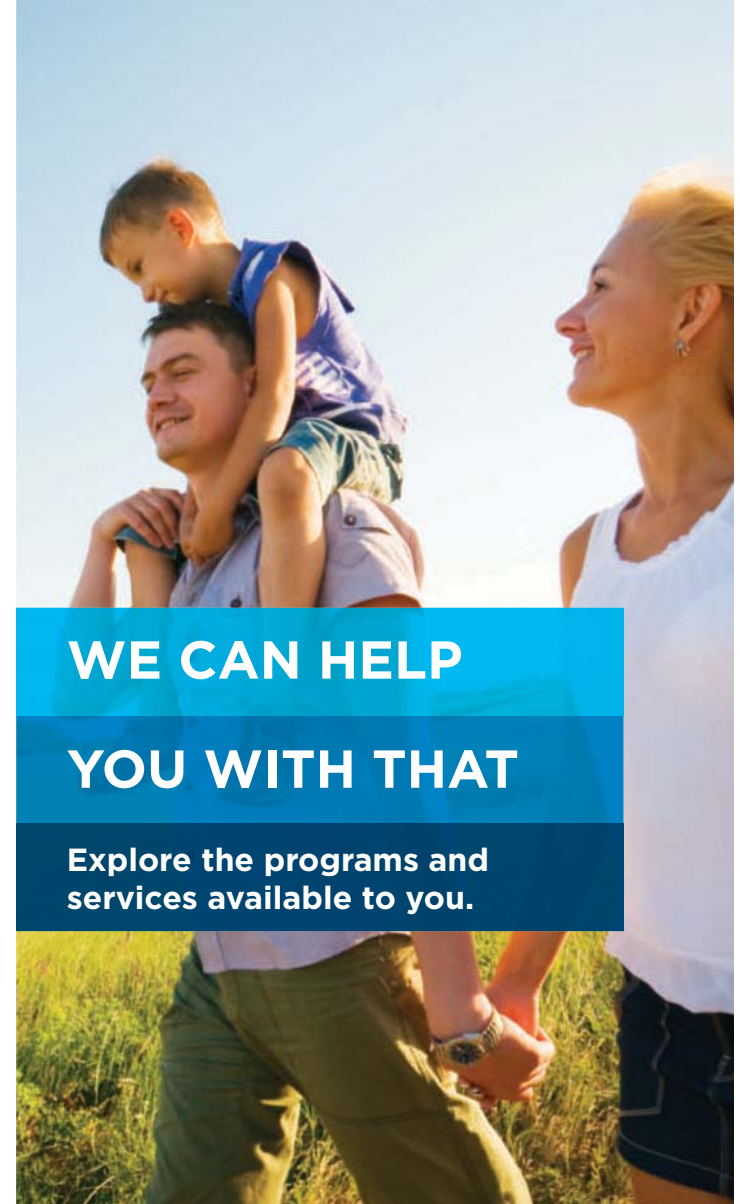


\*Some Healthy Rewards programs are not available in all states, and programs may be discontinued at any time. If your health plan includes coverage for any of these services, this program is in addition to, not instead of, your plan coverage. **A discount program is NOT insurance, and you must pay the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

\*\*Legal consultations related to employment matters are not available under this program.

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**WE CAN HELP**

**YOU WITH THAT**

**Explore the programs and services available to you.**



# TAKE A DEEP BREATH. WE'RE HERE TO HELP.

The enclosed listing is just a small sampling of the support available to you at no additional cost with your Employee Assistance & Work/Life Support Program.

If you can't seem to find exactly what you're looking for, remember: we're always just a call or click away.

## Call us anytime, any day.

We're here to listen to your needs, get you the information you need and guide you toward the right solution.

We can also direct you to a variety of helpful resources in your community.

## Get the support you need conveniently online.

- › Read educational materials on work or life topics.
- › Access various interactive tools related to health and wellness.
- › Explore our stress toolkit, which includes assessment tools, articles and stress management techniques.
- › Take advantage of your Healthy Rewards® discount program\* for savings on many health and wellness products and services.

## Visit an Employee Assistance Program (EAP) provider.

1-10 sessions are available to you and your household members. Call us or go online, search the provider directory and request an authorization.

## A well-balanced offering to help you live a well-balanced life.

Give us a call or go online to locate referrals for support services, such as:



**Legal Consulting\*\*:** Get a free 30-minute consultation and up to 25% off select fees.



**Identity Theft:** Learn how to protect yourself from and respond correctly to identity theft with a free 60-minute expert consultation by phone.



**Financial Services & Referral:** Take advantage of a free 30-minute financial consultation by phone and 25% off on tax preparation.



**Child Care:** Whether you need care all day, before/after school, during the summer or just want a back-up plan for unplanned events, we'll help you find a place, program or person that's right for your family.



**Senior Care:** Learn about challenges and solutions related to caring for an aging loved one.



**Pet Care:** From vets to dog walkers, we'll help connect you with the right people and places to ensure your pets are well taken care of.

## Employee Assistance & Work/Life Support Program 24/7



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