

Receive Immediate Assistance with EAP

Sometimes you just need to talk to someone. The Cigna Employee Assistance Program (EAP) is a free, confidential, 24-hour service that connects you with counselors to help you with immediate needs.

The trained professional EAP staff can provide:

- 24/7 phone access for behavioral health issues
- Referrals for in-person counseling
- Legal consultations
- Financial services and referrals
- Tips for balancing work and family
- Assistance finding childcare and senior care

There are also online resources on such issues as:

- Emotional well-being and life events
- Family and caregiving
- Health and wellness
- Daily living
- Disaster Resource Center



To help address your needs, the EAP is available for all full-time and part-time team members, their covered dependents and any other household members. The plan covers telephone consultations and up to 10 in-person counseling sessions per issue at no additional cost.

Accessing Your EAP Benefits

To access EAP services, call 866.395.7794 at any time or sign in to myCigna.com and write "Episcopal" as the employer ID.

Cigna offers a guided search experience to help you find the right provider at the right time. Scan the QR code to download the Employee Assistance Program (EAP) brochure to learn more.



Talkspace®

The Cigna EAP also includes access to Talkspace® virtual behavioral health!

- Connect with a licensed therapist or psychiatrist online by video or text using Talkspace, available for Cigna EAP members, ages 13 and up.
- Visit myCigna.com or scan the qr code and download their "getting started" flyer to learn how to access Talkspace virtual behavioral health.



Wellness Webcasts

The EAP also offers interactive online seminars on a variety of topics related to wellness at home and in the workplace. Browse all currently available webcasts or learn more at Cigna.com/EAPWebcasts.