Cigna is making emotional health services more accessible to you by adding Talkspace to the Employee Assistance Program (EAP) network. Now, you can connect with licensed behavioral therapists through asynchronous messaging or live sessions.

To get started:

- Before you begin counseling, be sure to get your **EAP Code** by calling Cigna EAP or going to the [EAP Coverage Page](#). From there, use the easy ‘Get Your Code’ feature under ‘Visit an EAP counselor’ in the Emotional Health tile.
- Go to [Talkspace.com/EAPCigna](#) to register under the Cigna EAP. In the Organization field, you would enter the information shown at the bottom of this message.

Your EAP covers a set number of no cost sessions per issue per year – whether you access one of our EAP network counselors for in-person or virtual sessions or if you use Talkspace. If you use Talkspace for asynchronous messaging, each week of engagement equates to one EAP session (regardless of how many messages you send). If you need to continue beyond what is available under the EAP, the Talkspace therapist will assist you with a seamless transition to benefit coverage or self-pay.

Get real support for real life with Cigna EAP.
Get started today!

During registration, for Organization name use
your Employer ID: baltimore