

EMPLOYEE ASSISTANCE PROGRAM RESOURCES AVAILABLE

EAP Resources and Support

We know this is an ongoing emotional experience for so many, especially for George Floyd's family, friends, and community. For anyone who is having difficulty coping in this emotionally charged time, we encourage our clients and customers to take care of their mental health and seek out support if they need it. This email summarizes resources available to clients, customers, and communities.

Effective immediately, Cigna is offering free telephonic consultation for anyone who is coping with stress brought on by this event. Any member of the community can contact Cigna's Employee Assistance Program (EAP) support line by calling **1.866.912.1687**.

The line is staffed 24 hours a day, every day, for consultation with a behavioral health clinician. These trained professionals are available to speak with people about how to cope with loss, anxiety, stress, fear or other issues related to recent events in the community.

To ensure our clients and the community receive all the support they may need while coping with this event, these resources are available.

As always, your EAP is available 24/7 for confidential assistance, crisis support and more. Please remind employees of the EAP toll-free number, 1.888.431.4334



Together, all the way.®

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company and Cigna Behavioral Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

913383 08/17 © 2018 Cigna.