



Employee Assistance & Work/Life Support Program
24/7

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

Call **1.877.622.4327**
Log in to **CignaBehavioral.com**
and enter your Employer ID: schoolcare



**WE CAN HELP
YOU WITH THAT**

Explore the programs and services available to you.



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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.

Visit an Employee Assistance Program (EAP) provider.

1-3 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:



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.



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



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



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



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.



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

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Employee Assistance Program Well BEING

Face-To-Face Assistance and Full-Service Life Events

Service Level

- Telephonic Assistance or
- Provider Referrals

Participant Services

- Telephonic Consultation
- Crisis Intervention Services
- Community Resources
- Life at Work Resources
- Healthy Rewards
- Emotional Well-Being Online
- Up to 3 face-to-face sessions per issue, per year

Life Events Services (Online & Telephonic)

- ▶ Family & Caregiving
 - Adoption
 - Prenatal Care
 - Child Care
 - Special Needs
 - Summer care
 - Pet Care
 - Education
 - Senior Care & Retirement Planning
 - Parenting
 - At Risk/High Risk Adolescents
- ▶ Health and Wellness
 - Live Healthy
 - Health & Aging
 - Child's Health
 - Health Concerns
 - Personal Safety
- ▶ Daily Living
 - Consumer Information
 - Financial Services-30 minutes phone free consultation, 25% off tax preparation
 - Legal Services-30 minutes free consultation, referrals, and 25% discounts on usual fees
- ▶ Up to three qualified referrals via telephone or online "chat"
- ▶ Web Tools
 - Working Smarter
 - Provider Locators
 - Savings Center
 - Relocation Center
 - Educational Materials
 - Interactive Tools & Assessments

Organizational Services

- Communications Package (Posters, Brochures, Newsletters, etc)
- Disaster Relief Program
- Management Consultation
- Organizational Consultation
- Policy Support Services

Employer Services

- ▶ Employer Services
 - Management Consultations
 - Organizational Consultations
 - Communication Materials
 - Policy Support Services
 - Drug-Free Workplace Referrals
 - Disaster Relief Program
 - Forms and Compliance Documents
- ▶ Employer Service Hour Options
 - Executive Briefings
 - Management Orientation
 - Management Trainings
 - Employee Orientation
 - Employee Wellness Seminars
 - Onsite Critical Incident Debriefings

www.cignabehavioral.com

- ▶ Participants
 - Provider Directory/Search and self-referral
 - Article Library
 - Communication & Awareness Materials
 - Emotional Well-Being
 - Frequently Asked Questions
 - Healthy Rewards Program
 - Online Coaching
 - Stress Assessment Tool
 - Focuses on demographics, susceptibility, sources and symptoms of stress
 - Provides users with a confidential personalized report

- **Call 1-877-622-4327**
- **Available 24/7 to all covered employees and everyone living in employee's household**
- **Important: Identify yourself as a SCHOOLCARE Member!**