



Real support for real life. It's only a call or click away.

With our Employee Assistance Program, the support you need is always right at your fingertips.

Sometimes, life throws you a curve ball. Sometimes, it throws a lot. But when times are tough, you don't have to go it alone. No matter what you're going through, our Employee Assistance Program (EAP) is here to help.

After all, it can be a challenge to balance work and life, especially these days. That's why EAP is just a click away, with recommendations and referrals to help you connect to real solutions — for all your real-life challenges.

To learn more about how our Employee Assistance Program can help you, visit www.Cigna.com/realsupport or call us.

When you're confronted with everyday challenges, don't wait. Our EAP can help make it easier. [Learn more about the support available to you at www.Cigna.com/realsupport](http://www.Cigna.com/realsupport). And together, we'll find the solutions to handle whatever life throws at you.

Sincerely,

Your EAP team



Get the support you need, when you need it, including:

- Caregiver concerns
- Home repairs
- Child care
- Legal advice*
- Moving
- Pet care
- Debt and financial consultation
- Emotional support
- Relationship counseling
- And more

Remember, our EAP is confidential.

Plus, it's included with your employer benefits. And it's available to anyone in your household — all at no cost to you.