

Life.

Just when you think you have it figured out, along comes a challenge. But whether those challenges are big or small, your Life Assistance & Work/Life Support Program is available to help you and your family find a solution and restore your peace of mind.

Call us any time, any day. We're just a phone call away whenever you need us - at no cost to you. An advocate is ready to help assess your needs and develop a solution to help resolve your concerns. He or she can also direct you to an array of resources in your community and online tools.

Visit a specialist. For face-to-face assistance, you have 3 sessions available to you and your household members. Call us to request a referral.

Reward yourself. Access your Healthy Rewards** amenities program for discounts on a range of health and wellness services and products from participating providers.

Achieve Work/Life Balance. Get extra support for handling life's demands. Call for advice or a referral to a service in your community on topics such as:

- **Legal Consultation.** Receive a 30-minute free consultation and up to a 25% discount on select fees.
- **Parenting.** Receive guidance on child development, sibling rivalry, separation anxiety, and much more.
- **Senior Care.** Learn about challenges and solutions associated with caring for an aging loved one.
- **Child Care.** Whether you need care all day or just after school, find a place that's right for your family.
- **Pet Care.** From grooming to boarding to veterinary services, find what you need to care for your pet.
- **Temporary Back-up Care.** Don't let an unplanned event get the best of you - find back-up childcare.

These are just a few examples of the support available to you. Call to get the assistance you need to help resolve life's challenges.

800.538.3543

Log on to www.cignabehavioral.com/CGI

Click on the Healthy Rewards link to access discount information:

User name: rewards
Password: savings

Assistance Program
24/7



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