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 Program is available to help you and your family find a solution and restore your peace of mind.

Call us anytime, 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, including an article library.

Visit a specialist.

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

Reward yourself.

Access your Healthy Rewards® discount program for discounts on a range of health and wellness services and products from participating providers.

Achieve work/life balance.

It's a constant challenge. If you'd like help handling life's demands, call us for extra support. We can provide guidance or a referral to a service in your community on topics such as:

- Legal consultation.² 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 child care.

Life Assistance Program 24/7

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 | Visit us at: www.CignaBehavioral.com/CGI

Self-service support – at your fingertips. Educational materials on work/life topics such as caregiving, daily living and working smarter are available online, as well as personal assessments and interactive tools, including a savings center and relocation center.

Additional features. Try using the online skill builders or attend a webinar to help you learn new skills and adopt positive work/life balance habits – for good.