The "I wouldn't trade this time for anything. But I could use a little help" Program.

Get real solutions for real life with our Employee Assistance Program.[1]



If you're caring for a parent, spouse or someone else in your life, you're not alone.

In fact, there are more than 63 million Americans providing care to an adult or child.[2] With our Employee Assistance Program (EAP), you can get support for the complicated issue of caring for your loved one. You'll get real solutionsfrom a range of different resources, such as:

- Licensed clinicians to help address your own needs as a caregiver. Consultation available by phone[3], face-to-face or video-based counseling at no cost
- Legal and financial consultation services
- Resource information for in-home care, companion services, assisted living and skilled nursing facilities with confirmed availability
- Community resources and support groups
- Information on caregiving, home safety, insurance and other concerns
- Self-care strategies that can fit into your busy schedule
- Online resources and tools e.g., eldercare handbook and Alzheimer's Education Center
- Geriatric specialist services to assess and develop a geriatric care plan
- Qualified eldercare consultants

We're here to listen. Contact us any day, anytime.

Contact us any day, anytime.
Call 877.622.4327 or visit myCigna.com®[4].
Employer ID:
OCFFHT
(for initial registration)

TTY/TDD users call 711

If already registered on myCigna.com, log in and go to the EAP link under the Coverage tab.

Get real support for real life with our EAP.

All of these services are confidential and available to you and anyone in your household. Plus, they're all available at no cost to you.

1. Employee assistance program services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Program availability may vary by plan type and location, and are not available where prohibited by law. Some work/life services offered under the Employee Assistance Program may be provided by a Cigna Healthcare contracted third-party vendor.

2. AARP & National Alliance for Caregiving. (2025). Caregiving in the U.S. 2025. AARP.

3. Some programs also include no-cost counseling sessions with network EAP counselors. The available number of no-cost counseling sessions per issue is limited and will depend on the service model purchased by your employer.

4. App/online store terms and mobile phone carrier/data charges apply.

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