Assistance & Work/Life Support Program

24/7

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Support for your mind and body.

EAP National Wellness Seminars: Take part in bi-monthly seminars year-round on topics that apply to real-life concerns. Join live or on demand from a computer, smartphone or tablet at: Cigna.com/EAPWebCasts.

Stress Management Toolkit:
To access mindfulness exercises and discover stress management techniques, explore our Managing Stress Toolkit at Cigna.com/ManagingStress.

Suicide Awareness and Prevention:
Find crisis resources and information at Cigna.com/SuicidePrevention.

Call anytime for questions or support.

1.877.622.4327
myCigna.com
Employer ID: OCFFHT
(for initial registration)
TTY/TDD users call 711

Employee assistance program (EAP) 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.
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For the employees of Orange County Fire Fighters' Health & Welfare Benefit Trust and their household members.



Real support for real life

Get to know the Assistance & Work/Life Support Program

937484 c 04/26 SR # 70869935-162144703

Here to help. And support. And problem-solve.

With our Assistance & Work/Life Support Program, you can get support for everyday issues and life challenges. The Assistance & Work/Life Support Program is here to connect you with real people who can help you find real solutions to life's challenges.

These services are all confidential and available at no additional cost to you and anyone living in your household.

To access mindfulness exercises and discover stress management techniques, explore our Managing Stress Toolkit at **Cigna.com/ManagingStress**.



Emotional Health

Get 1-6 sessions per issue per year with a dedicated, licensed counselor at no cost to you.

Start by calling or using live chat to get a referral. Face to face or virtual sessions available for topics such as:

- Relationships and parenting
- Behavioral health and substance use
- Stress management

Confidential phone consultations are available to you and anyone living in your household at no cost. Work with a licensed EAP clinician for 20–30 minutes per phone session. There are no limits to how often you can call for various concerns; you can expect up to two phone sessions per issue.

Home Life Referrals

Referrals for community resources/services

- **Child care:** We'll help you find a place, program or person that's right for your family.
- **Senior care:** Learn about solutions related to caring for an aging loved one.
- **Pet care:** From veterinarians to dog walkers, we'll help you ensure your pets are well taken care of.

Financial and Legal Assistance

- **Financial services referral:** Free 30-minute financial consultations by phone per topic and 25% off tax preparation.†
- **Legal consulting:** Get a free 30-minute consultation with a network attorney and 25% off select fees.†
- **Identity theft:** Get a free 60-minute expert consultation by phone for prevention or if you are victimized.

†Customers are required to pay the entire discounted charge for any discounted legal and/or financial services. Legal consultations related to employment matters are excluded. Additional restrictions may apply.

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