How can we help you today?

Our Employee Assistance Program (EAP) has you covered.[1]



As an employee of Orange County Fire Fighters' Health & Welfare Trust you have access to our valuable Employee Assistance Program (EAP) at no cost to you.

EAP personal advocates will work with you and your household members to help you resolve issues you may be facing, connect you with the right mental health professionals, direct you to a variety of helpful resources in your community and more.

Take advantage of a wide range of services offered at no cost to you

- 6 face-to-face counseling sessions with a counselor in your area, as well as video-based sessions.
- **Legal assistance:** 30-minute consultation with an attorney, face-to-face or by phone.[2]
- **Financial:** 30-minute telephone consultation with a qualified specialist on topics such as debt counseling or planning for retirement.
- **Parenting:** Resources and referrals for childcare providers, before and after school programs, camps, adoption organizations, child development, prenatal care and more.
- **Eldercare:** Resources and referrals for home health agencies, assisted living facilities, social and recreational programs and long-distance caregiving.
- **Pet care:** Resources and referrals for pet sitting, obedience training, veterinarians and pet stores.
- **Identity theft:** 60-minute consultation with a fraud resolution specialist.

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

Contact us any day, anytime.
Call 877.622.4327 or visit myCigna.com®[3].
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.

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. 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. 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. Employment-related legal issues are not covered.

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

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