



MORE EMOTIONAL SUPPORT FOR YOUR EMPLOYEES

Cigna is expanding our emotional well-being sessions.

Cigna is committed to helping your employees through the COVID-19 crisis. One way we're doing this is by adding more services to Cigna Total Behavioral Health. From now through September 30, 2020, employees covered on a Cigna plan will have access to twice as many free sessions with licensed clinicians in our Employee Assistance Program (EAP) network at no additional cost to them. It's real support for real life.

Here's what your employees can expect with our expanded support:

- Up to six free sessions with a licensed clinician in Cigna's EAP network
- Meet with counselors virtually on their phone, tablet or home computer

These services are available to employees and dependents enrolled in medical coverage.



Support your employees' emotional well-being

[Download](#) this email to your desktop and then send it to your employees.

Visit the [Cigna Employer Resource Center](#) for additional support.

Together, all the way.®

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