

EMPLOYEE ORIENTATION TO THE EMPLOYEE ASSISTANCE PROGRAM

Presented by
Cigna Employee Assistance Program



SEMINAR GOALS



- Know more about your EAP
- Find out who can use the EAP
- Learn about the wide range of EAP services and how they can help you
- Find out how to access the EAP

WHAT IS AN EAP?

An EAP is a benefit that is paid for by your company, for employees and their household members, to help them find resources to solve personal problems which, if not resolved, could adversely affect the employee's job performance.

These problems may include issues with family, alcohol, drugs, emotions, stress, and legal or financial questions.



TEST YOUR EAP KNOWLEDGE

Your EAP benefit is free.

TRUE – There is no cost to you
for any EAP services.

TEST YOUR EAP KNOWLEDGE

You can receive a free 30-minute consultation with a lawyer in your area through the EAP.

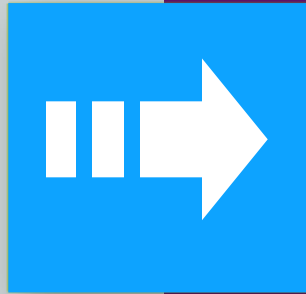
TRUE – and this is 30 minutes *per issue*.

TEST YOUR EAP KNOWLEDGE

The EAP can advise you about home refinancing.

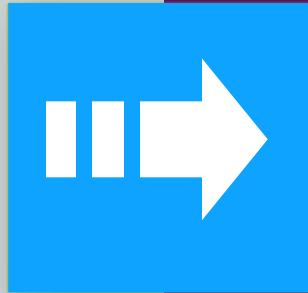
TRUE – You can receive a free 30-minute consultation with a financial specialist about a wide range of questions, including home refinancing.

BENEFITS OF THE EAP



- Face-to-face sessions
- Confidential
- Prepaid
- Unlimited telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Work/life support, such as eldercare, childcare, and pet care
- Financial services
- Legal services

BENEFITS OF THE EAP

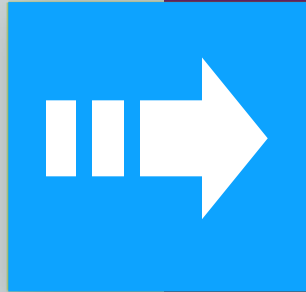


Face-to-face sessions

- Licensed clinicians in your community
- Prepaid by your employer – no cost to you
- Household benefit
- Confidential
- Available 24 hours a day, 7 days a week
- Crisis intervention and support



BENEFITS OF THE EAP



Telephonic Consultations

- 20- to 30-minute telephone conversations with a licensed clinician
- Unlimited number of consultations
- Available to employees, family and household members
- Confidential
- Flexible format – use it to:
 - Get information and answers
 - Identify resources
 - Explore treatment options
 - Make an action plan



WORK/LIFE SUPPORT



- Child care
- Elder care
- Adoption
- Education
- Pet care
- Legal
- Financial
- Identity theft
- Work/Life online support



CHILD CARE CONSULTATION AND REFERRALS

- Preschool programs
- Nursery schools
- Family day care homes
- Child care centers
- In-home care
- Babysitters
- Nanny agencies
- Special needs care
- Sick-child care
- Before- and after-school care
- Back-up and odd-hour care
- Summer programs
- Camps
- Special needs camps
- International study programs
- Summer school
- Child development
- Child safety
- Discipline
- Toilet training issues
- Blended families
- Grandparents as parents
- Parenting support groups



ELDER CARE CONSULTATION AND REFERRALS

- Medicare/Medicaid
- Supplemental insurance
- Home safety
- Rehabilitation programs
- Skilled-nursing facilities
- Adult day care
- Transportation services
- Hospices
- Home health agencies and nursing programs
- Grief support
- Caregiver support resources
- Home medical equipment
- Chore/companion services
- Senior centers
- Retirement communities
- Independent and/or Assisted Living centers
- Geriatric case management programs and services
- Alzheimer's support
- Food and other visitation/assistance programs (Meals-on-Wheels)
- Volunteer organizations
- Community services
- Elder-law attorneys
- End-of-life resources



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ADOPTION CONSULTATION AND REFERRALS

- Adoption agencies
- Adoption attorneys
- Adoption advocacy groups
- State adoption specialists
- International adoption
- Adoption subsidies
- Non-traditional adoptions
- Stepparent adoption
- Kinship care resources
- Foster care resources
- Location services for finding birth parents and siblings
- Infertility resources (clinics, counseling)



EDUCATION CONSULTATION AND REFERRALS



- Early learning programs, preschools
- Tutors
- Public and private schools
- Special needs education
- Alternative schools
- School district profiles and report cards
- Home schooling resources
- At-risk youth resources
- “Boot camps,” military schools
- Non-college options
- Internship resources
- 2- and 4-year colleges
- Graduate schools
- Community colleges
- Continuing education
- Elder hostels
- Admissions testing
- Financial aid
- Career development
- Career counseling & testing

PET CARE

- Pet-sitters
- Veterinarians
- Pet obedience training
- Boarding/kennel services
- Pet supplies



LEGAL

- Domestic/family law
- General/civil law
- Elder law
- Real estate law
- Tax and IRS matters
- Motor vehicle law
- Criminal law
- Tax preparation



This service is not available for consultations about employment law

FINANCIAL



- Free 30-minute consultation with a financial specialist
- Credit management
- Debt counseling
- How to reduce living expenses
- Budgeting techniques
- Restoring credit
- 401(k) investing
- Home refinancing
- Flexible spending accounts
- Student loan consolidation, default, and payment options
- Tax planning and preparation with a 25% discount
- Retirement planning strategies
- Divorce planning

IDENTITY THEFT

Free consultation with an identity theft/fraud resolution specialist, which includes the following:

- Educational materials
- How to notify authorities, credit reporting agencies, and creditors
- An “Emergency Response Kit” shows how to report fraud and restore your credit rating
- Forms and letter templates for reporting and itemizing fraudulent occurrences
- How to take future protective measures



HOW TO ACCESS WORK/LIFE RESOURCES ONLINE

Go to www.cignabehavioral.com

Under the “Members” section click on
“Login to access your benefits”

Enter your **Employer ID**, which your HR rep can give you

On left hand side, click on “Find Work/Life Resources”

Click on “Accept” for the privacy policy



BENEFITS OF THE EAP

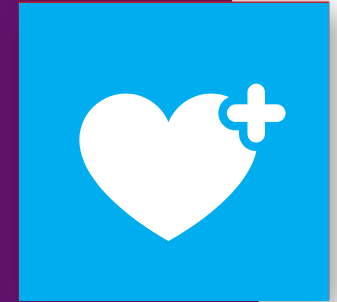
Additional Online Services

Go to www.cignabehavioral.com

- Provider Directory
- Online Access and Referral
- Article Library
- Self-assessment tools
- Healthy Rewards Online
- Recorded wellness seminars



BENEFITS OF THE EAP



Healthy Rewards

Discounts on services/supplies for:

- Weight management and nutrition
- Fitness
- Quitting tobacco
- Mind/body
- Vision and hearing care
- Alternative medicine
- Healthy lifestyle

2015 EAP NATIONAL WELLNESS SEMINARS



- Achieving Success:
Using Goals to Get There
- Less is More: Simplifying Your Life
- Conquering the Winter Blues
- Effective Time Management
- Bridging the Gaps:
Generations Working Together
- Stress Management 101
(Available in both English and Spanish)
- Pay It Forward: A Guide to Giving Back
- Mindfulness: Release the Stress
- Healthy Eating in a Hurry-up World
- A Prescription Plan for Financial Wellness
- Surviving Your Child's Teen Years
- Work @ Home: Keys to Success
- Life After Work: Envisioning Retirement
- Change & Challenges:
Developing Your Personal Resilience
- Spread Too Thin:
Life in the Sandwich Generation
- Healthy Eating For Kids
- Know Your Numbers
- Workplace Conflict: Strategies and Solutions
- Balancing Work and Personal Life
- Keeping the Peace: Managing Family Conflict
- Make the Choice to Be Healthy
(Available in both English and Spanish)
- No More Humbugs: Having an Emotionally
Healthy Holiday

WHEN YOU CALL

Individual calls EAP

Personal Advocate
helps you access
appropriate service

Face to face
visit

Informational
services

Telephonic
support

Benefits vary by employer. Please check with your HR for your specific EAP benefits.



SUMMARY

This helpful benefit is being provided by your employer. We hope you will take advantage of these services and tell your household members about them.

- Easy to access
- Call for any kind of issue or concern
- We are here for you 24/7
- It is confidential
- There is no cost to you

QUESTIONS OR COMMENTS?

Thank you for attending!

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