



**WE CAN  
HELP YOU  
WITH THAT**

## Life.

**Just when you think you have it figured out, along comes a challenge. But with Cigna, you have support. Every step of the way.**

**We offer you the Employee Assistance & Work/Life Support Program. Whether your challenges are big or small, this program can help. You and your household members can:**

- › Read educational materials on work or life topics.
- › Access interactive health and wellness tools.
- › Learn how to better balance work and life.
- › Explore our stress toolkit. It includes assessment tools, articles and stress management techniques.



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

Call 1-888-371-1125 or  
log in to: [mycigna.com](http://mycigna.com)

Have your employer  
ID number handy:  
[usaenvironmental](http://usaenvironmental)

**This program can help you find a solution, and restore your peace of mind.**

