

2022

# Your Guide for Navigating Life's Challenges

Confide Behavioral Health Navigator<sup>SM</sup>/EAP

## Confide Behavioral Health Navigator<sup>SM</sup>/EAP

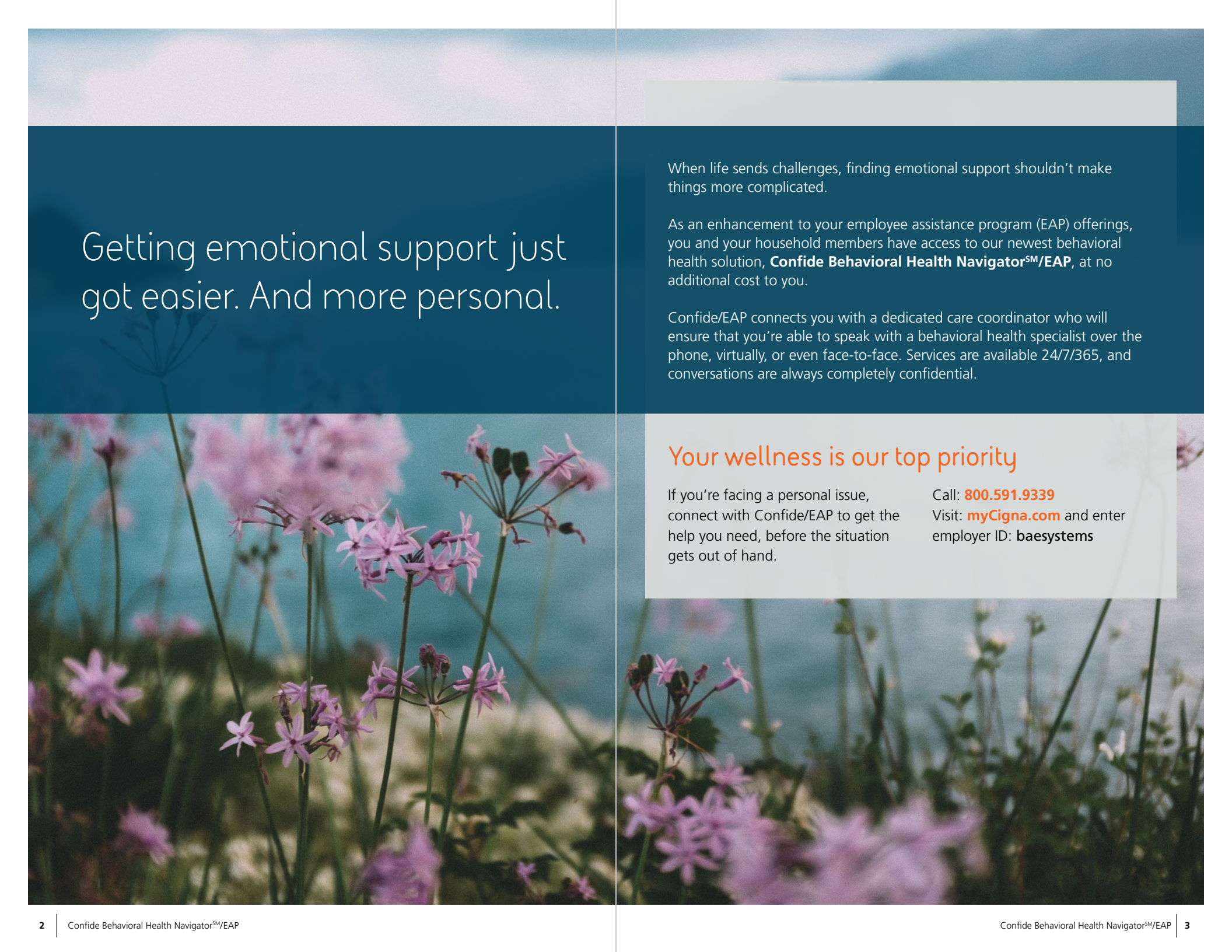
Connect with a behavioral health advocate:

Call: **800.591.9339**

Visit: **myCigna.com<sup>®</sup>**

Enter employer ID: **baesystems**

**BAE SYSTEMS**



# Getting emotional support just got easier. And more personal.

When life sends challenges, finding emotional support shouldn't make things more complicated.

As an enhancement to your employee assistance program (EAP) offerings, you and your household members have access to our newest behavioral health solution, **Confide Behavioral Health Navigator<sup>SM</sup>/EAP**, at no additional cost to you.

Confide/EAP connects you with a dedicated care coordinator who will ensure that you're able to speak with a behavioral health specialist over the phone, virtually, or even face-to-face. Services are available 24/7/365, and conversations are always completely confidential.

## Your wellness is our top priority

If you're facing a personal issue, connect with Confide/EAP to get the help you need, before the situation gets out of hand.

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## Make the right connections

With a dedicated team of care coordinators, licensed clinicians, and behavioral health specialists ready to help you, getting the right care at the right time has never been more accessible.

Your Confide/EAP behavioral health specialist will listen and help you figure out your next steps for getting the care you need. Whether that's making an appointment with a licensed provider who takes your health insurance, suggesting additional programs and services, or coordinating care with your local and community resources, Confide/EAP is here to help.

Confide/EAP support is available 24/7/365 and includes:

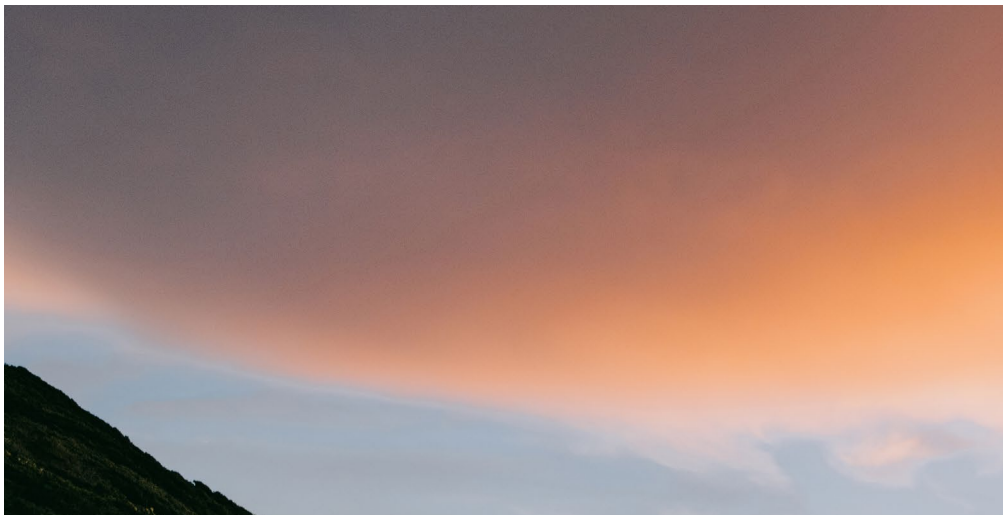
- Support for every member of your household.
- Up to eight visits per issue per year with an in-network, licensed provider at no cost to you.
- A guaranteed first appointment within five business days for urgent needs.
- A follow-up call after every conversation.
- Help finding in-network behavioral providers, even if you're not enrolled in a Cigna medical plan.
- Free, around-the-clock telephonic support from licensed clinicians for anyone who is between sessions or waiting for an appointment with a therapist.

## Explore available resources

Through Confide/EAP, you and your household members also have access to a number of additional behavioral health resources, including the following:

- **Talkspace:** Connect with a licensed behavioral therapist of your choice via text, video, or voice message. Get started by calling **800.591.9339** for your EAP code. Then, access Talkspace by visiting **talkspace.com/covered**.
- **iPrevail:** Find personalized coaching and learning tools in both English and Spanish that help build resilience and positivity. To access iPrevail, visit **confidenavigator.iprevail.com** and click "Start a Program."
- **Happify™:** Use self-directed science-based games and activities, available in English and Spanish, to help build emotional skills and a healthy mind. To access Happify, visit **confide.happify.com** and enter your employer ID: **baesystems**.





## Find a healthy balance

Whether it's finding child care, needing financial advice, struggling with a legal issue or looking for career support, life's daily challenges are different for all of us.\* But one thing's the same: letting home and work stress pile up can take a toll on our emotional well-being.

Confide/EAP goes beyond behavioral health services, offering you and your household members the support necessary to balance all areas of life. Confide/EAP's behavioral health specialists are available 24/7/365 to answer questions and connect you to resources that help meet a wide range of needs.

## Rely on familiar guidance

For EAP referral assistance, visit [myCigna.com](https://myCigna.com). If you are not a Cigna medical plan member, or if it's your first time using the Confide/EAP, visit [myCigna.com](https://myCigna.com) and register using employer ID: **baesystems**.\*\*



## Home-life support

From the people and pets you care about to the home you create for them, Confide/EAP can provide vetted referrals to help you with a variety of needs:

- **Child care:** Child care providers, before- and after-school programs, camps, and adoption organizations, as well as information on parenting or prenatal care.
- **Elder care:** In-home care, meal preparation, transportation, legal issues, respite care, health insurance information, nursing homes, and geriatric assessment.
- **Pet care:** Boarding facilities, veterinarian services, obedience training, emergency animal clinics, pet stores, and more.
- **Home repairs and improvement:** Everything from plumbers and electricians to painters and landscapers to home refinancing.
- **Relocation assistance:** Finding a mover, information on schools in the area, and everything from painters and landscapers to dry cleaners and restaurants.
- **School:** Back-to-school resources, college searches, and more.



## Financial support

Don't let financial stress get the best of you. Through Confide/EAP, you can consult with financial professionals for a wide range of issues, including:

- Budgeting and credit repair
- Debt management and consolidation
- College savings
- Retirement planning

You can even receive a 25% discount on professional tax preparation.

## Job & career support

Confide/EAP can connect you with help for career development and job-related skills and concerns, such as:

- Work-related stress
- Time management
- Workplace change
- Career growth

## Legal support

Balancing the needs of your job with your personal life isn't easy, especially when legal issues arise. Confide/EAP offers one free 30-minute session per issue with an attorney.\* Services include:

- Real estate planning and tenancy
- Divorce, child support, and child custody
- Estate planning
- Criminal and civil law issues
- ID theft and more

If you decide to retain the network attorney, you can receive a 25% discount on most legal fees.

We're standing by to support you.

# Life can be challenging. Confide Behavioral Health Navigator/EAP is here to help.

Confide/EAP can help with a wide range of concerns, but in an emergency, call 911 or the National Suicide Prevention Lifeline at **800.273.8255**.

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BAE Systems, Inc.  
2941 Fairview Park Drive  
Falls Church, VA 22042

[www.baesystems.com](http://www.baesystems.com)



\*Legal consultations related to employment matters are not available under this program. 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. Program availability may vary by plan type and location, and programs are not available where prohibited by law. Program services are provided by independent companies/entities and not by Cigna. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.

\*\*Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.

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