

BAE SYSTEMS

Life doesn't always go
according to **plan**

We can help

When life gets hard, confidential help is available **24/7**

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company and Cigna Behavioral Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

920278 8/19 © 2019 Cigna. Some content provided under license.



Don't face life's **challenges** alone

We understand that life can be stressful and overwhelming at times. But you don't have to go it alone. No matter what you need, your Employee Assistance Program (EAP) is just a click or call away. It's convenient, confidential – and available at no cost to you. Personal advocates and mental health professionals can support you and your family as you work through any personal issues you may be facing.

Receive 8 in-person counseling sessions per issue, per year, at no cost.

Often, short-term counseling can resolve concerns without tapping into your medical benefits. If you need ongoing support, the EAP can help you transition to using your medical benefits.

Are you...

- Feeling more discouraged or anxious than usual?
- Having concerns about your own or someone else's drinking and/or substance abuse?
- Experiencing life changes, such as a new baby, kids leaving for college or your parents needing care?
- Dealing with challenges in parenting or other family relationships?

Your EAP is here to help!

Contact your EAP 24/7/365

It's confidential and free for your entire family.

- **800 591 9339**
- **myCigna.com**

First time using the EAP? Register at **myCigna.com** using Employer ID "baesystems." Then, select "Employee Assistance Program" from the "Coverage" tab.

Get the **support you need**,
quickly and easily

Child Care

- Referrals to child care providers, before- and after- school programs, preschools and adoption services

Elder Care

- Home health agencies, nursing homes, assisted living facilities, and social and recreational programs

Financial Support

- Debt counseling, credit management, and budgeting help
- Tax preparation guidance with 25% discount on tax services with participating professionals
- Retirement planning

Legal Consultation*

- Help with divorce, custody or child support, plus wills, power of attorney, and other legal documents
- 30 minutes of free legal counseling with a licensed attorney, over the phone or face-to-face
- 25% discount on legal fees

Identity Theft

- Recover from identity theft and learn how to protect yourself in the future
- 60 minutes of free identity theft counseling with a fraud resolution specialist

Education

- Referrals for kindergarten programs, public schools, or college programs

Pet Care

- Veterinarians, boarding, pet sitters, emergency animal clinics, obedience training, and groomers

Webcasts on many popular topics

Get helpful information on a variety of personal and family issues.

- **Live seminars and on-demand replays all in one place**
- **Cigna.com/EAPWebcasts**

* Employment-related legal matters are not included. Referrals and discounts are available with participating attorneys only.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company and Cigna Behavioral Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

920278 8/19 © 2019 Cigna. Some content provided under license.



Recovery starts here

Get help now

1 in 3 families in the U.S. is impacted by addiction to drugs or alcohol.** The good news is, with help, addiction can be successfully treated and recovery can be maintained.

The Substance Use Specialty Team – available through the EAP – has extensive training in addictive disorders. They can help you or a family member get on the road to recovery.

Contact them for:

- **Professional support over the phone**
- **Assistance finding local resources**
- **Answers to your questions about the disease of addiction**

**About Addiction. www.shatterproof.org/about-addiction. May 2011.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company and Cigna Behavioral Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

920278 8/19 © 2019 Cigna. Some content provided under license.

Confidential help is available 24/7/365

Here's how to get started

- Call **800 591 9339** anytime, day or night.
- Log in to **myCigna.com** and select Employee Assistance Program from the "Coverage" tab. Creating an account for the first time? Visit **myCigna.com** and select "Register." Use "baesystems" as your employer ID.
- Use the Live Chat Helpline, Monday – Friday from 9 am to 8 pm Eastern time.

All resources, including online information and live sessions with licensed professionals, are free, confidential, and available to your entire household, regardless of whether you participate in a Cigna medical plan.

