



## “The ‘I’m home from deployment but sometimes feel distant.’ Program.”

Real support for real life.

If you or a member of your family is returning from service, your Cigna Employee Assistance Program (EAP)\* can help with the challenges of adjusting to civilian life. And it’s all offered by your employer at no cost to you.

EAP specialists can provide support to veterans, their family (any household members of the employee) and their employer.

### Call us anytime, any day.

We’re here when you need us. Our dedicated staff of personal advocates can get you the information you need and guide you toward the right solution.

We can:

- › Assess your needs and work with you to find a solution
- › Help you when you’re in a crisis situation
- › Direct you to a variety of helpful resources online and in your community

No matter your situation, chances are we can help you find a solution. Check out our wide range of educational materials to help you with any work or life challenge that comes your way, and contact us when you need a hand. We’re here to help.

Get qualified referrals in your area and online for a wide range of services and information, including:

- › Adjusting to the workplace
- › Post-traumatic stress disorder (PTSD)
- › Suicide awareness

- › Military family support
- › Reuniting with loved ones
- › Dealing with loss in a military family
- › Financial and legal consultation\*\*

### Mindfulness for Vets.

Cigna launched its Mindfulness for Vets program. This program helps with stress management, anxiety, PTSD, and more.

The telephonic program is available every Tuesday at 5 PM ET at **866.205.5379 (passcode 113 29 178)**.

**We’re here to listen.  
Contact us any day, anytime.**

**Call your company’s EAP toll-free number or visit [myCigna.com](https://myCigna.com)**

**Enter your Employer ID  
(for initial registration)**

**TTY/TDD users call 711**

**Together, all the way.®**



\* 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. Legal consultations related to employment matters are excluded. Additional restrictions may apply. Program availability may vary by plan type and location, and are not available where prohibited by law.

\*\* Based on the level of work/life services purchased by your employer. Not available under all programs.

Some work/life services offered under the Cigna Employee Assistance Program may be provided by a Cigna contracted third-party vendor.

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