



Employee
Assistance &
Work/Life
Support Program
24/7



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Support for your mind and body.

EAP National Wellness Seminars: Take part in monthly seminars year-round on topics that apply to real-life concerns. Watch live or on demand from a computer, smartphone or tablet at: Cigna.com/EAPWebCasts.

Behavioral Awareness Series: We offer free monthly behavioral health awareness seminars on autism, eating disorders, substance use and children's behavioral health issues. For more information, visit: Cigna.com/knowledge-center/#mentalandemotionalhealth.

Suicide Awareness and Prevention: Find crisis resources and information at Cigna.com/SuicidePrevention.

Call anytime for questions or support.

1.877.622.4327

myCigna.com

Employer ID:

macalester

(for initial registration)

TTY/TDD users

call 711



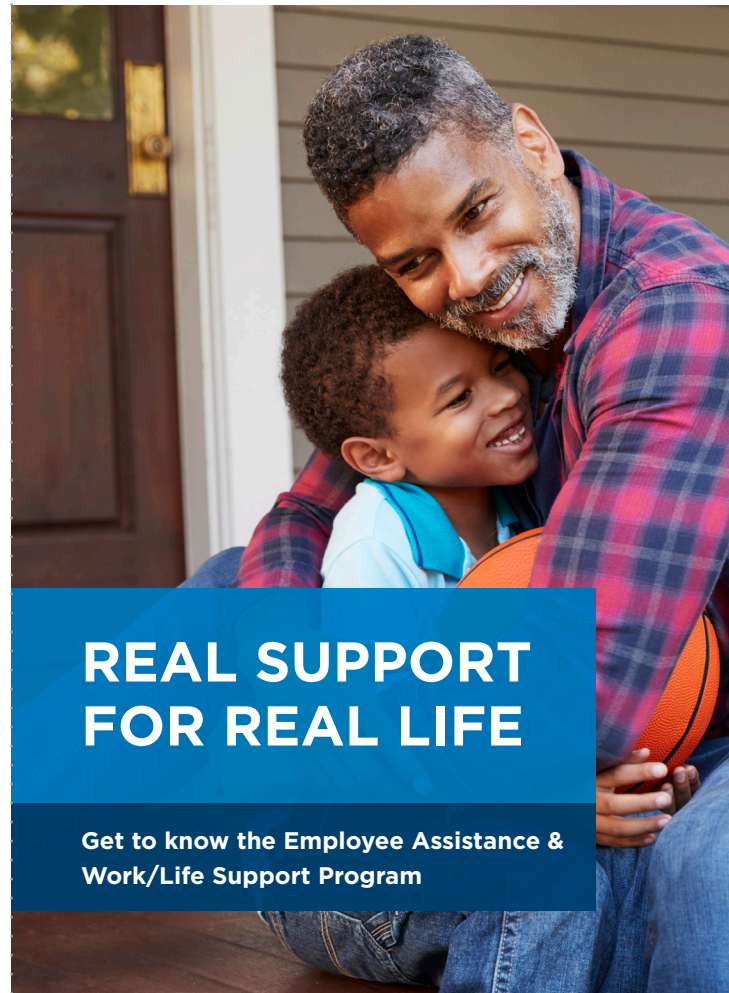
Employee assistance program (EAP) services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Program availability may vary by plan type and location, and are not available where prohibited by law.

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

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For the employees
of Macalester College and their
household members.



REAL SUPPORT FOR REAL LIFE

Get to know the Employee Assistance &
Work/Life Support Program



Together, all the way.®

HERE TO HELP. AND SUPPORT. AND PROBLEM-SOLVE.

With the Employee Assistance & Work/Life Support Program, you can get support for everyday issues and life challenges. The Employee Assistance & Work/Life Support Program is here to connect you with real people who can help you find real solutions to life's challenges.

These services are all confidential and available at no additional cost to you and anyone living in your household.

Learn more about EAP at [Cigna.com/realsupport](https://www.cigna.com/realsupport).



To access mindfulness exercises and discover stress management techniques, explore our Managing Stress Toolkit at [Cigna.com/ManagingStress](https://www.cigna.com/ManagingStress).

Coping with disasters

It can be difficult to manage the impact of disasters such as flooding, hurricanes, wildfires or the tragedy of violence affecting your community. For online resources to help you and household members cope, visit the Disaster Resource Center at

[Cigna.com/DisasterResourceCenter](https://www.cigna.com/DisasterResourceCenter).

Emotional Health

Get 1-3 sessions per issue per year with a dedicated, licensed counselor at no cost to you.

Start by calling or using live chat to get a referral. Through face-to-face or virtual sessions, get support on a range of topics, such as:

- › Relationships and parenting
- › Behavioral health and substance use
- › Stress management

Confidential phone consultations are available to you and anyone living in your household at no cost. Work with a licensed EAP clinician for 20-30 minutes per phone session. There are no limits to how often you can call for various concerns; you can expect up to two phone sessions per issue.

Home Life Referrals

Get assistance with referrals to community resources and services.

- › Senior Care: Learn about solutions related to caring for an aging loved one.
- › Child Care: We'll help you find a place, program or person that's right for your family.
- › Adoption: Learn more about your options and the agencies that can help.
- › Children with Special Needs: Let us help you better understand and care for your unique family needs.
- › Education Guidance: We'll help you make the best decisions for your family for college searches and more.
- › Pet Care: From veterinarians to dog walkers, we'll help you ensure your pets are well taken care of.
- › Convenience Services: Shorten your to-do list with referrals for home maintenance, relocation, dining and more.

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