



Real Support for Real Life

Brought to you by your Employee Assistance Program

Taking Charge of Your Health Care

Health care is getting more attention than ever these days. Technology is advancing, and health plans continue to change. More than ever, it's important to take a proactive role in your own care. Get tips on what to look for when choosing a doctor, learn the benefits of preventive health care, and more!

Wednesday, March 20, 2024
2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:

www.Cigna.com/EAPWebcasts

To view on-demand replay: Click the above link. When you log into the Wellness Webcast portal, you can choose to attend this seminar, register for upcoming seminars, or attend other on-demand seminars.

A Certificate of Attendance is available for this presentation.

On-demand replay will be available starting 2 hours after the live presentation.

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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. Program availability may vary by plan type and location, and are not available where prohibited by law.

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