



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Managing Financial Stress

Bills, debt, unexpected expenses, loss of income... finances are a common source of stress. In this seminar, we'll talk about how to start reclaiming your balance in small steps. We'll share strategies and resources to help dial down the worry, tackle budgeting, and address debt. Taking action and actively managing the stress can help you cope in healthy ways.

**Wednesday, February 11, 2026**  
**2 pm ET / 1 pm CT / 11 am PT**

**Log in to register for this seminar at:**

[www.Cigna.com/EAPWebcasts](http://www.Cigna.com/EAPWebcasts)

**A Certificate of Attendance** is available for this presentation.

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

**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.

All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group.

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.

880885-4 10/25 © 2025 Cigna Healthcare.

