



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:** Cigna offers free monthly behavioral health awareness seminars on autism, eating disorders, substance use and children's behavioral health issues. For more information, visit: **Cigna.com/individuals-families/health-wellness.**

**Suicide Awareness and Prevention:** Find crisis resources and information at **Cigna.com/individuals-families/health-wellness.**

## Call anytime for questions or support.

**1.800.554.6931**

**myCigna.com**

Employer ID:

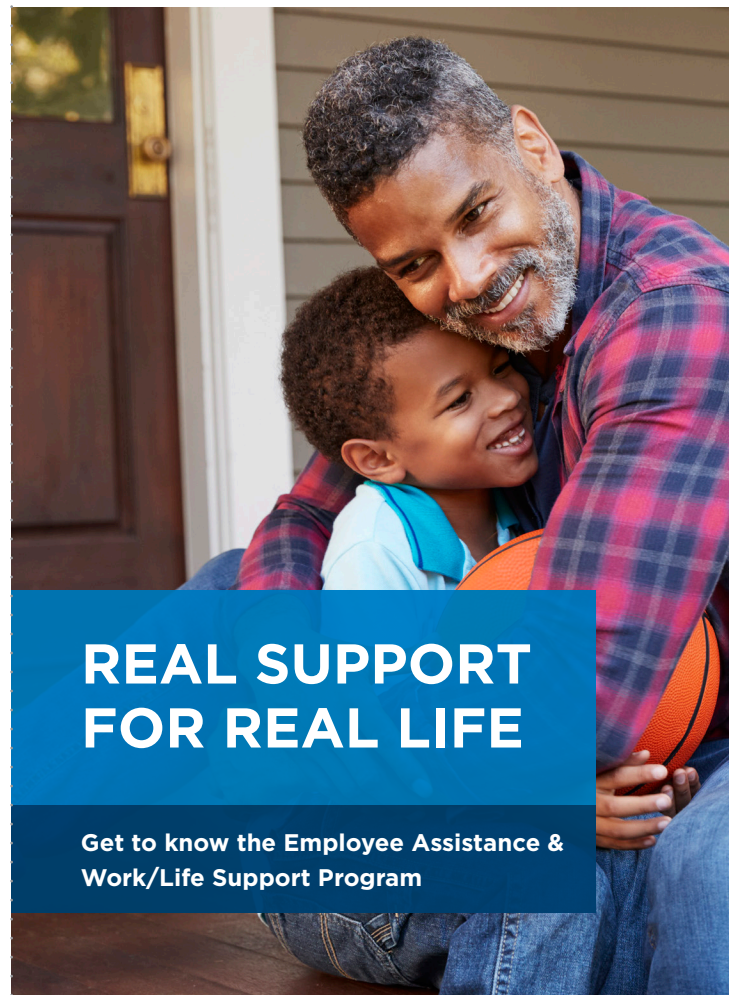
**CNIC**

(for initial registration)

**TTY/TDD users**

**call 711**

For the associates  
of Canadian National and their  
household members.



# REAL SUPPORT FOR REAL LIFE

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



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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**Together, all the way.®**

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

With the Cigna 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**.



To access mindfulness exercises and discover stress management techniques, explore our Managing Stress Toolkit at **Cigna.com/ManagingStress**.

## Coping with disasters



### Emotional Health

Get up to 10 sessions per issue per year with a dedicated, licensed counselor at no cost to you. 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 – you have an unlimited number of consultations each year.

### Home Life Referrals

Get assistance with referrals to community resources and services.

- › Child Care: We'll help you find a place, program or person that's right for your family.
- › Parenting: Find guidance on everything from toilet training to sibling rivalry.
- › Pet Care: From veterinarians to dog walkers, we'll help you ensure your pets are well taken care of.
- › Senior Care: Learn about solutions related to caring for an aging loved one.
- › 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.

### Financial and Legal Assistance

- › Financial Services Referral: Free 30-minute financial consultations by phone per topic and 25% off tax preparation.
- › Legal Consulting: Get a free 30-minute consultation with a network attorney and 25% off select fees.\*
- › Identity Theft: Get a free 60-minute expert consultation by phone for prevention or if you are victimized.

\*Legal consultations related to employment matters are not available under this program.

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