

# Your Mental Health is Important



Our mental health is just as important as our physical health. CTA Wellness has a number of tools and resources available to help you tackle everyday challenges from life events, stress or other mental and behavioral health issues. With Cigna's comprehensive programs, you can access the support you need to help you take control of your health – mind and body.

## Employee Assistance Program (EAP)

Your EAP is available to support you on your mental health journey with the following services:

- **6 Free Counseling Sessions (per issue)**
- **Lifestyle Management Programs (LMP): Stress Management**  
Cigna's LMP includes coaching programs (via online or phone) for tobacco cessation, weight and stress management.

To get started, visit [mycigna.com](https://mycigna.com) or call 1-888-371-1125 (24 Hours)



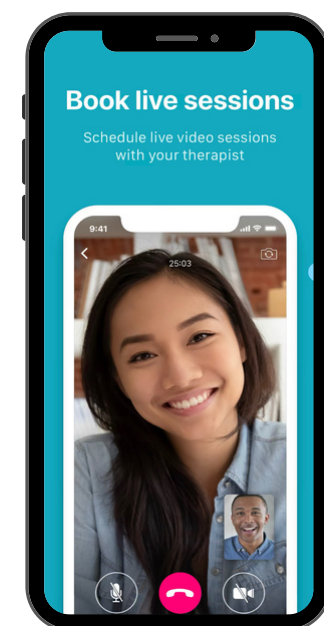
## Digital Mental Health Apps and Programs

**iPrevail** is a digital therapeutics platform, designed by experienced clinicians to help you take control of the stresses of everyday life and challenges associated with difficult transitions. To get started, visit [myCigna.com](https://mycigna.com), click on the Stress and Emotional Wellness page and click on the iPrevail link.

**talkspace** is a digital space for private and convenient mental health support. With Talkspace, you can choose your therapist from a list of recommended, licensed providers and communicate via text, voice or video. To get started, visit [talkspace.com/eapcigna](https://talkspace.com/eapcigna).

**ginger** offers confidential mental healthcare through behavioral health coaching via text-based chats, self-guided learning activities and content, and, if needed, video-based therapy. To get started, visit [ginger.com/cigna](https://ginger.com/cigna).

**happify** consists of science-based games and activities that are designed to help you defeat negative thoughts, increase mindfulness and emotional well-being, gain confidence and more. To get started, visit [happify.com/cigna](https://happify.com/cigna).



## Behavioral Wellness Webinars

Online seminars are available to you at your convenience with various topics related to your mental well-being. Log into [cigna.com/eapwebcasts](https://cigna.com/eapwebcasts) with your myCigna account and select any topic to register.

- Stress and Our Perception
- Stress in Customer Service Rolls
- Stress Relief: Train Your Brain

## Mental Health Crisis Resources

National Suicide Prevention Hotline: 1 (800) 273-8255

Crisis Text Line: Text HOME to 741741

Cigna Veteran Support Line: 1 (855) 244-6211

MDLIVE Behavioral Mental Health: 1 (888) 726-3171

# 30 DAYS OF MINDFULNESS

## Practicing Mindful Mental & Behavioral Health Habits



CTA Wellness recognizes National Mental Health Awareness Month with "30 Days of Mindfulness." Each day this month, you are provided with resources and practices to serve as mindful steps to take towards improving your mental and behavioral well-being. From physical fitness, to self-care, to therapy, Wellness encourages you to choose mindfulness all month long and for the entire year.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>
			Take advantage of your 6 Free Counseling Sessions offered through EAP.	Cigna's Veterans Support Line provides a range of assistance for veterans and their families.	Eating a meal high in vitamins, fruits and vegetables can help improve your mood.	Take 10,000 steps today!
<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>	<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>	<b>DAY 11</b>
Find an outside activity, like gardening or cycling.	Move Mondays: Physical Health & Mental Health	Sign-up for iPrevail: Digital therapeutics platform to help you manage stress.	Get access to a broad range of fitness centers for just \$25 through Active&Fit Direct.	Understanding Depression Seminar 1 - 2 PM CT	Manage stress with the support of Cigna's Stress Management Program.	Find one hour to practice self-care, like meditating.
<b>DAY 12</b>	<b>DAY 13</b>	<b>DAY 14</b>	<b>DAY 15</b>	<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>
Actively take time to rest.	Move Mondays: Live Breathing, Stretching and Meditation	Ask the Doctor: COVID-19 Vaccine 11:30 AM - 12:30 PM	Lose weight from the inside out with the support of Cigna's weight management program.	Eliminate distractions and be present by turning off your phone or TV for 1 hour.	Sign-up for Ginger: Behavioral & mental health coaching through text-based chats.	Find a local organization that you can volunteer with this month.
<b>DAY 19</b>	<b>DAY 20</b>	<b>DAY 21</b>	<b>DAY 22</b>	<b>DAY 23</b>	<b>DAY 24</b>	<b>DAY 25</b>
Practice daily journaling to reflect on your mental and behavioral health.	Move Mondays: Full Body Circuit	Sign-up for Happify: Science-based games and activities to help you increase mindfulness.	Ask the Doctor: Let's Talk Mental Health 11 AM - 12 PM CT	Make better financial choices with the support of Cigna's Financial Advisory Services.	Financial Friday: Let's Talk Retirement	Plan a family activity like painting or game night.
<b>DAY 26</b>	<b>DAY 27</b>	<b>DAY 28</b>	<b>DAY 29</b>	<b>DAY 30</b>	1	2
Aim to get 8 hours of sleep tonight.	Move Mondays: Getting Ready for the Breast Cancer Walk	Trying to quit smoking? Cigna's Tobacco Cessation Program can support you.	Stand up or stretch after sitting for long periods.	Sign-up for TalkSpace: Digital therapy at your own convenience.		

### Wellness Resources

#### Employee Assistance Program

Visit [mycigna.com](https://mycigna.com)  
Or call 1-888-371-1125 (24 Hours)

#### Digital Mental Health

- iPrevail: Visit [myCigna.com](https://myCigna.com), click on the Stress and Emotional Wellness page and click on the iPrevail link.
- TalkSpace: [Talkspace.com/eapcigna](https://Talkspace.com/eapcigna)
- Happify: [happify.com/cigna](https://happify.com/cigna)
- Ginger: [ginger.com/cigna](https://ginger.com/cigna)

#### Move Mondays

Subscribe to the Wellness YouTube Channel: [tinyurl.com/28c2n6v2](https://tinyurl.com/28c2n6v2)  
Live Session 9/13: Register at [tinyurl.com/yzk9v3jv](https://tinyurl.com/yzk9v3jv)

#### Seminars, Resources and Tips

Understanding Depression 9/9: Register at [tinyurl.com/2v7v3rmv](https://tinyurl.com/2v7v3rmv)  
Ask the Doctor: COVID-19 Vaccine: Register at [tinyurl.com/57wp4rsp](https://tinyurl.com/57wp4rsp)  
Ask the Doctor: Let's Talk Mental Health 9/22: Register at [tinyurl.com/euyzeyvc](https://tinyurl.com/euyzeyvc)  
Active&Fit: Visit [activeandfitdirect.com](https://activeandfitdirect.com)  
Financial Friday 9/24: Register at [tinyurl.com/2dhufnas](https://tinyurl.com/2dhufnas)  
Veterans Support Line: 1-855-244-6211