

CTA Wellness Presents

# Employee Orientation to the Employee Assistance Program

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**Don't know about your Employee Assistance Program (EAP) and its benefits?  
Now's the time to find out. The EAP can help with a wide range of work/life concerns – everything from relationship issues to dealing with identity theft. Find out how it can make life easier for you and your household members.**

- Know more about your EAP.
- Find out who can use the EAP.
- Learn about the wide range of EAP services and how they can help you.
- Review how to access the EAP.

# CIGNA EMPLOYEE ASSISTANCE PROGRAM (EAP)

## Online access

Many of the supportive services of Cigna EAP can be accessed online. These services are available to you, your dependents, and all of your household members. This benefit is provided by your employer. There is no cost to you, and your privacy is assured when you call or access your EAP online.

### MyCigna.com – access your EAP benefits

- › Go to [myCigna.com](https://mycigna.com) in your internet browser.
- › If you're a first-time visitor, you'll be asked to complete the one-time registration process.
- › If you're already registered on myCigna.com, you can simply log in.
- › Click on **COVERAGE** at the top of the page.
- › Click on **EMPLOYEE ASSISTANCE PROGRAM (EAP)** in the drop-down box.
- › When finished, don't forget to click "Log Out" in upper right corner.

### Cigna.com – access resources for everyone

- › Go to [Cigna.com](https://cigna.com) in your internet browser.
- › Click on **INDIVIDUALS AND FAMILIES** at the top of the page.
- › Click on **HEALTH AND WELLNESS**, then click **See All** in drop-down box.

**Together, all the way.™**



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