



You have goals, plans and dreams. But you can't stay focused on them when life gets challenging. Changes—good and bad—offer opportunities for us to assist you.

Go online or call us today. Tear off the cards below and keep one in your wallet or purse so you'll always have our number or online address when you need it.

All services are:

- Free
- Confidential
- Accessible 24 hours a day, 365 days a year
- Available to your dependents and all members of your household

Life can be challenging and stressful. Everyone needs support from time to time.

Go Online:
www.cignabehavioral.com

or call us



1-866-395-7794

CIGNA Behavioral Health

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CIGNA Behavioral Health

Reduce the stress. **Be more productive.**

Overcome an addiction.

Find daycare. Set your priorities.

Make time for your kids.

Stop the violence. Learn to relax.

Understand your finances.

Research nursing homes.

Improve your mood. Let go of the anger.

Find balance. **Explore adoption.**

We can help.

Reach us online or call us today.

www.cignabehavioral.com

1-866-395-7794

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well
BEING



we can help

 THE EPISCOPAL CHURCH
MEDICAL TRUST



Online Support For Emotional Well-Being and Life Events With Email-Assisted Search

Go online to discover even more services designed to improve your emotional well-being and productivity.

With **Emotional Well-Being and Life Events**, you can:

- Review your employee benefits
- Take a self-assessment
- Obtain a list of recommended readings or a suggested course of action
- Complete a therapy-preparedness questionnaire
- Browse a large collection of behavioral health articles
- Review Frequently Asked Questions
- Find a care provider by yourself
- Quickly get an online provider referral

Access **Family and Caregiving Resources** to:

- Get information for managing the care and education of family members
- Use specialized databases for finding care providers
- Read, print and download articles of interest
- Link to other resources
- Review the regulations of your state
- Use interactive tools to help you with adoption, child care, senior care and educational issues

Use **Health and Wellness Resources** to:

- Support a healthy lifestyle
- Read and download articles of interest
- Link to other resources
- Use interactive tools related to physical wellness

Explore **Daily Living Resources** for:

- Care provider databases
- Support articles
- Links to other resources
- Online calculators
- Interactive tools for help finding everything from pet sitters to plumbers
- A variety of consumer, travel, recreational and financial information

Use **Email-Assisted Search** to get the assistance of a professional as you search for a care provider



Need Counseling? Just Ask

Dial our toll-free number if you need someone to talk to—about a family matter, stress at work, or a personal problem of any kind. Free counseling and support services are available for you and everyone in your household.

Whether it's a simple question, a sudden emergency, or an ongoing problem, turn to us. Our trained professional staff will help. With just one phone call, at any hour of the day or night, you can reach a compassionate ear and connect to helpful resources.

By dealing with issues early on, you can often prevent them from becoming more serious. And with our highly qualified network of providers, you don't have to face these issues alone.

www.cignabehavioral.com

Online access to information, benefits, educational materials and more.

1. Log in
2. Type your company's common name "episcopal" (in lowercase letters with no spaces) for your Employer ID
3. Type the word "member" for your PIN

quick • easy • confidential • self-paced

www.cignabehavioral.com

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Speak With Us By Phone: 24 hour help for behavioral health issues.

Discounts and Referrals: Save time and money on acupuncture, massage therapy, chiropractors, vitamins and more with the Healthy Rewards program.

Immediate Help During A Crisis: Get quick and effective intervention when your emotional needs reach a critical point.

Local Resources: We can direct you to sources in your community for information and assistance on a wide range of topics.

Productive Work & Healthy Families: Get tips and guidance to help balance work with family life. Working-parent issues, handling conflict in the workplace and effective time-management techniques are just a sampling of topics covered.

In-Person Counseling: If you need to meet with a counselor in person, you can get a referral by yourself online, or by going through us - it's your choice.

Find your Provider ONLINE

Our Online Provider Directory lets you browse for providers at your convenience.

You can focus your search using several criteria, including location, language, gender and ethnicity. In-network providers are listed with contact information and maps. You can obtain a referral quickly and easily online.

We are always available if you need our assistance or have any questions about your behavioral care.