



The *“I want to take control of my stress before it takes control of me”* Program.

Get real support for real life with the Cigna Employee Assistance Program.

With the Cigna Employee Assistance Program (EAP), you can get support for everyday issues. Even the stressful ones. You'll get real solutions for a range of different topics, including:

- › Caregiver concerns
- › Family and relationships
- › Grief and loss
- › Emotional health
- › Stress management
- › Financial or legal issues*
- › Job and career support needs
- › Community resource needs

Services for all of these concerns – and more – are confidential and available to anyone in your household. Plus, they're all available at no cost to you.

CONNECT WITH THE CIGNA EAP 24/7/365.



877.622.4327
TTY/TDD users: 711



myCigna.com
Employer ID:
associatedpackaging
(for initial registration)

If already registered, simply log in to **myCigna.com** to access the Employee Assistance Program under “Coverage.”

Together, all the way.SM



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

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