

Employee Assistance Program (EAP) Overview

What it includes:

- Up to 10 face-to-face sessions per issue with a Cigna EAP provider
- Unlimited telephonic consultations
- Available to everyone in your household, whether or not they are enrolled in a Medical Trust plan

Additional points

- Confidential
- No cost to you
- 24/7 availability

Get Real Support for Real Life with Talkspace

- Emotional health services are now more accessible to employees and household members
- EAP customers can now use their EAP benefits to connect with Talkspace therapists via messaging or live video sessions
- Engaging with a Talkspace therapist is subject to the same session limits and an EAP Code* is needed to begin, just as with any other EAP network counseling sessions
- There is no additional cost to the employee's household

An EAP Code can be obtained by calling your EAP toll-free program number or through the Emotional Health tile, under 'Visit an EAP counselor' on the EAP Coverage Page on [myCigna.com](https://mycigna.com)

Contact information:

(866) 395-7794

mycigna.com