



# MORE EMOTIONAL SUPPORT FOR YOUR EMPLOYEES

**Cigna is expanding our emotional well-being sessions.**

Cigna is committed to helping your employees through the COVID-19 crisis. One way we're doing this is by adding more services to Cigna Total Behavioral Health. From now through September 30, 2020, employees covered on a Cigna plan will have access to twice as many free sessions with licensed clinicians in our EAP network at no additional cost to them. It's real support for real life.

**Here's what your employees can expect with our expanded support:**

- Up to six free sessions with a licensed clinician in Cigna's EAP network
- Meet with counselors virtually on their phone, tablet or home computer

These services are available to employees and dependents enrolled in medical coverage.



## **Support your employees' emotional well-being**

Save the attached email to your desktop and then send it to your employees.

Visit the [Cigna Employer Resource Center](#) for additional support.

**Together, all the way.®**

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