



MORE EMOTIONAL SUPPORT FOR YOUR EMPLOYEES

Cigna is expanding your 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. From now through September 30, 2020, your employees who are enrolled in medical coverage will have access to twice as many visits with a licensed behavioral health provider in Cigna's employee assistance program network. 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 behavioral health provider in Cigna's employee assistance program 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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