









Real support for real life

Get to know your Employee Assistance Program

Whether the challenges you're facing are big or small, your Employee Assistance Program (EAP), offered by Cigna Behavioral Health, is available to help **you and your household members** at **no cost to you**. All sessions are private and confidential.

- Communication with friends and family
- Stress/anxiety/depression
- Traumatic event
- Parenting
- Sleep habits
- Relationships
- Eating disorders
- Life and career
- Substance and alcohol use

Connect with your EAP in the way that works best for you

 <p>24/7 crisis support</p>	 <p>Same-day mental health coaching</p>	 <p>Virtual visits</p>	 <p>Onsite EAP</p>	 <p>In your community</p>	 <p>Language support</p>
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Your EAP benefit includes up to 10 free visits per topic per year. Subsequent visits, if needed, may be covered by your medical plan's behavioral health benefit.*

To find support:

Call: 1-800-952-6676

Online: Visit myCigna.com

App: [myCigna® mobile app](#) or [Disney CareConnect powered by Evernorth](#)

Scan to get started!



Disney CareConnect

EVERNORTH HEALTH SERVICES

*If you are enrolled in a Disney medical plan option, you may have behavioral health and substance abuse coverage through your plan. These services are subject to your plan's regular deductibles or copays after you use your 10 free EAP visits for a given concern.

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