

CIGNA EMPLOYEE ASSISTANCE PROGRAM (EAP)

EAP Benefit for the City of Sunrise

877-622-4327

Your Cigna Employee Assistance Program (EAP) is a resource for support and information on issues big and small, personal and professional. And not just for you, but anyone living in your household. This benefit is provided by your employer; there is no cost to you. Use of EAP services is confidential; your employer will not be notified.

Your EAP benefit includes:

- > 6 free sessions available with an Employee Assistance Professional
- > Unlimited telephone consultations
- > 24-hour “crisis line” available seven days a week
- > Work/life support for both you and your family
- > Other services such as financial and legal
- > **Behavioral Health Crisis Intervention / Post Traumatic Stress**
 - **Phone prompts to live operator takes seconds**
 - **Press 1 for “Immediate Life Threatening Issue”**
 - **Press 2 for “Self / Family member assistance”**
 - **Then press 1 for being a “Firefighter” to get Live Operator**
- > Online access at www.mycigna.com includes:
 - On “Review My Coverage” tab, under EAP:**
 - **Employer ID: cityofsunrise**
 - Share access to EAP benefits with someone in your household
 - Live chat with a Cigna EAP consultant
 - Get an authorization to visit a licensed EAP counselor
 - Find a licensed EAP counselor near you
 - Access to Work/Life Resources
 - Interactive assessment tools for stress, fitness, and more



Your EAP is...

- > Available to help 24 hours a day, seven days a week
- > Available to you and members of your household
- > Provided at no cost to you
- > Confidential

Together, all the way.®



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