



Have questions? Don't see what you're looking for? Contact us to get the assistance you need.

Call **1.877.622.4327**

Log in to **CignaBehavioral.com**

and enter your Employer ID: upaeap

Employee
Assistance &
Work/Life
Support Program
24/7

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**Legal consultations related to employment matters are not available under this program.

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WE CAN HELP

YOU WITH THAT

Explore the programs and services available to you.



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TAKE A DEEP BREATH. WE'RE HERE TO HELP.

The enclosed listing is just a small sampling of the support available to you at no additional cost with your Employee Assistance & Work/Life Support Program.

If you can't seem to find exactly what you're looking for, remember: we're always just a call or click away.

Call us anytime, any day.

We're here to listen to your needs, get you the information you need and guide you toward the right solution.

We can also direct you to a variety of helpful resources in your community.

Get the support you need conveniently online.

- › Read educational materials on work or life topics.
- › Access various interactive tools related to health and wellness.
- › Explore our stress toolkit, which includes assessment tools, articles and stress management techniques.

Visit an Employee Assistance Program (EAP) provider.

1-3 sessions are available to you and your household members. Call us or go online, search the provider directory and request an authorization.

A well-balanced offering to help you live a well-balanced life.

Give us a call or go online to locate referrals for support services, such as:



Child Care: Whether you need care all day, before/after school, during the summer or just want a back-up plan for unplanned events, we'll help you find a place, program or person that's right for your family.



Financial Services & Referral: Take advantage of a free 30-minute financial consultation by phone and 25% off on tax preparation.



Identity Theft: Learn how to protect yourself from and respond correctly to identity theft with a free 60-minute expert consultation by phone.



Legal Consulting:** Get a free 30-minute consultation and up to 25% off select fees.



Pet Care: From vets to dog walkers, we'll help connect you with the right people and places to ensure your pets are well taken care of.



Senior Care: Learn about challenges and solutions related to caring for an aging loved one.

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