



WE CAN HELP YOU WITH THAT



Balance work, life and everything in-between

We know it's not just the big things in life that challenge us. It's the small stuff, too.

Your Employee Assistance & Work/Life Support Program is here for all of it.

We can help you with a range of issues, including:

- › Managing stress
- › Dealing with depression, anxiety and other mental health issues
- › Going through grief and loss
- › Addressing legal needs and financial questions
- › Repairing and growing relationships
- › Finding caregiver solutions

We're here every day, 24/7



Contact us any day, anytime.

877.622.4327



myCigna.com

Employer ID:

clarksonu

(for initial registration)

If already registered, simply log in to **myCigna.com** to access the Employee Assistance Program (EAP) under "Review My Coverage."