

Whatever life throws at you—**throw it our way.**



International Employee Assistance Program
Level 2: **Face-to-Face Assist**

Call us anytime, any day or go online for confidential assistance, information, or resources to help resolve life's challenges.



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Let us help.

No matter where the job takes you, we can help with any issue that matters to you and your family. Topics include, but are not limited to:

- Balancing work and personal life
- Relationships
- Personal issues
- Stress
- Emotional support
- Grief, trauma, loss
- Anxiety, depression
- Substance abuse
- Workplace concerns
- Bullying and harassment
- Life transitions
- Relocation
- Family and parenting

Just when you think you have life figured out, along comes a challenge. That's why it's important to know where to turn for assistance. Your Cigna Global Health Benefits International Assistance Program offers free global and family support with relocation-related stress, or any of life's work or personal challenges.



Our professionals are always available.

With your Cigna Global Health Benefits International Assistance Program, you and your family have access to free, confidential assistance with any work, life, personal, or family issue. Anytime, any day, you can contact us for assistance including short-term professional counseling, resources, referrals, and information.

You're supported worldwide.

- Available 24 hours a day, 7 days a week, 365 days a year
- Up to 5 face-to-face sessions with a professional counselor
- Provides information, resources, and counseling on any work, life, personal, or family issue that matters to you.
- Convenient online counseling via E-counseling
- No cost to you to use the service
- Unlimited telephonic support
- SMS texting—text the support you need and receive a call back
- Crisis support

Detach the information card and carry in your wallet to access the program wherever and whenever you need us.



FREEPHONE: refer to the IEAP global toll-free phone list

WEBSITE: available through www.CignaEnvoy.com

SMS TEXTING: +44 790 934 1229
(standard and international text messaging rates may apply)

EMAIL: globaleap@workplaceoptions.com

When emailing or texting, please include your name, your company, your country location, and the phone number where you can be reached.