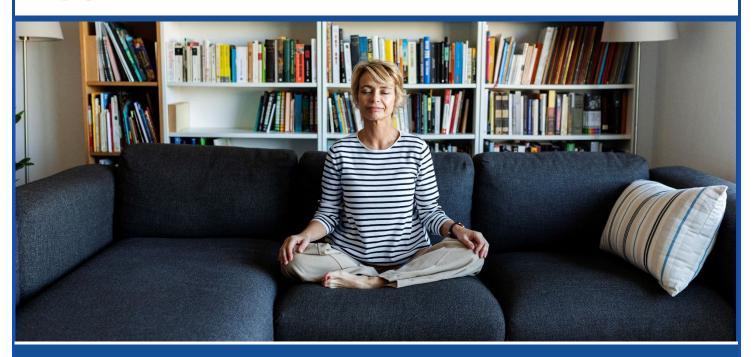


# QUICK GUIDE

**EMOTIONAL WELLBEING RESOURCES** 



## The following resources are available to all employees:

## **ComPsych Employee Assistance Program**

www.GuidanceResources.com (888) 628-4824

App: GuidanceNow

Website Username: LFGSupport, Password: LFGSupport1

- Live or virtual counseling at no cost
- Online articles and self-assessment questionnaires for a variety of emotional wellbeing topics such as managing stress, depression, anxiety, resilience, work-life balance, and more
- Information, resources, and referrals on family matters (daycare, eldercare, pets, etc.)
- On-Demand Training short 5 to 10-minute training modules which include fun, interactive features to help you build practical skills to deal with real-life challenges
- Guidance with financial matters (budgeting & planning)
- In-person legal consultation at no cost

Nationwide network of licensed and experienced counselors, including psychologists, clinical social workers, certified alcohol and drug counselors, and marriage, family, and child counselors.

## **Cigna Life Connected Podcast Series**

http://communication.cigna.com/lifeconnectedpodcast

 Access to pre-recorded podcasts and resources on Physical, Emotional, Environmental, Financial, and Social Well-being

### **Cigna Mental Health Online Seminars**

https://www.cigna.com/individuals-families/health-wellness/topic-mental-health/

- Different mental health-related topics featured for individuals and families
- Prior recorded seminars on-demand or register for new upcoming seminars

### Virgin Pulse Wellness Program

https://www.virginpulse.com (877) 671-9395 support@supportpulse.com

- On the Virgin Pulse website, hover over **More** (with three dots) and select Topics of Interest.
- Under the Health tab, click Journeys which are self-guided course for topics such as anxiety and depression, reducing stress, grief and loss, and many more.

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# QUICK GUIDE

## EMOTIONAL WELLBEING RESOURCES

## The following resources are available to employees enrolled in the Cigna Medical Plan:

### Cigna

MyCigna.com (800) 244-6224

- Cigna Behavioral Health Access to in-person or videobased virtual counseling and medication management for issues like anxiety, depression, grief, stress, family/relationship problems, etc.
  - Ginger Feeling stressed or overwhelmed, but not quite sure what you need? Use Ginger's coaching services as a first line of defense for overcoming a range of challenges and stressors – from improving sleep or relationships, to managing anxiety and depression. Chat with a trained behavioral health coach within seconds, 24/7. If needed, your coach can add a licensed therapist or psychiatrist to your care team within days.
  - MDLive Friendly therapists and psychiatrists are professionally trained to use virtual technology to treat many non-emergency conditions such as anxiety, depression, stress, relationship issues, and more.
  - TalkSpace Select from thousands of licensed therapists and maintain an ongoing relationship throughout the entire treatment. For ages 13 and up.

To find Behavioral Health Providers in your MyCigna portal, click **Find Care & Costs** and select **Doctor by Type**. Search by keywords **Behavioral Health Counselor** and choose to go virtual or to see a local provider. You will have several platforms to choose from, such as Ginger, MDLive, and TalkSpace.

- Cigna Employee Assistance Plan (EAP) access to work/life resources, and licensed clinicians to help you cope with a wide variety of concerns, from family and financial issues to substance use, emotional health, and stress. You are eligible for up to 3 visits at no cost. To find a Cigna EAP, login to MyCigna.com, click Employee Assistance Program (EAP) under the Coverage tab or call Cigna at (800) 244-6224.
- Cigna Online Wellness resources and Health Library (apps, programs, articles, and tools) to help you overcome negative thoughts and stress, anxiety, depression, and more. Hover on the Wellness tab, then select Stress or Apps & Activities.

## The following resources are available to employees enrolled in the ARAG Legal plan:

### **ARAG Legal Plan**

ARAGLegalCenter.com Access code: 18341mhi (800) 247-4184

- Access to network attorneys for many legal issues or matters, such as traffic, landlord/tenant, tax, small claims court, divorce, child support/custody, debt-related, criminal matters and more.
- Access to Financial Education and Counseling Services by telephone to address questions and offer guidance on a variety of money management matters, which includes access to a financial education website with interactive financial tools.
- Access to the online Learning Center with articles, guidebooks, and videos to help you with things like Disaster & Emergency Help, Family & Relationships, Caregiving, and much more

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