

# EMPLOYEE ASSISTANCE PROGRAM (EAP)

## Digital access

Many of the supportive services of your EAP can be accessed online. These services are available to you, your dependents, and all of your household members. This benefit is provided by your employer. There is no cost to you, and your privacy is assured when you call or access your EAP online.

### **MyCigna.com – access your EAP benefits online**

- › Go to [myCigna.com](http://myCigna.com) in your internet browser.
- › If you're a first-time visitor, you'll be asked to complete the one-time registration process.
- › If you're already registered on myCigna.com, you can simply log in.
- › Click on the **COVERAGE** link at the top of the page.
- › Click on **EMPLOYEE ASSISTANCE PROGRAM (EAP)** in the drop-down box.
- › When finished, don't forget to click "Log Out" in upper right corner.

### **MyCigna app – access your EAP benefits on the go**

- › The free app is available from your App Store.
- › Once downloaded, register or just log in if you've already registered online.

**Together, all the way.**

