

## **Employee Assistance Program:**

CIGNA Behavioral Health is a valuable service available to all USM employees and retirees. CIGNA provides information to assist with nearly any type of health or personal concern, 24 hours a day – at no cost to our employees.

CIGNA's many resources can help with a wide variety of issues. A professional team of counselors is available at all times with help and information. For emotional and personal worries, a counselor is available to discuss issues. CIGNA will also put you in touch with a local counselor for in-person, one-on-one assistance, if appropriate. If you require outside assistance, referrals to national and community resources are available. Also, attorneys and financial experts are available to discuss your personal legal or financial concerns.

Here are just a few of the situations in which CIGNA Behavioral Health can help:

- Family and relationship problems
- Child and elder care resources
- Marriage difficulties
- Personal legal and financial issues
- Emotional distress
- Tobacco cessation
- Workplace concerns

CIGNA Behavioral Health provides an interactive website at [www.cignabehavioral.com](http://www.cignabehavioral.com) . To obtain login and password information please call the Benefits Office at 780-5218. Once inside CIGNA's website, you will have access to the education and resources center, article library, healthy rewards program, and information on benefits and services.

Remember, CIGNA Behavioral Health's professional counselors are just a phone call away. The toll free number for CIGNA Behavioral Health is 1-877-622-4327.

*Remember- your information is strictly confidential.*