



GET REAL SUPPORT FOR REAL LIFE

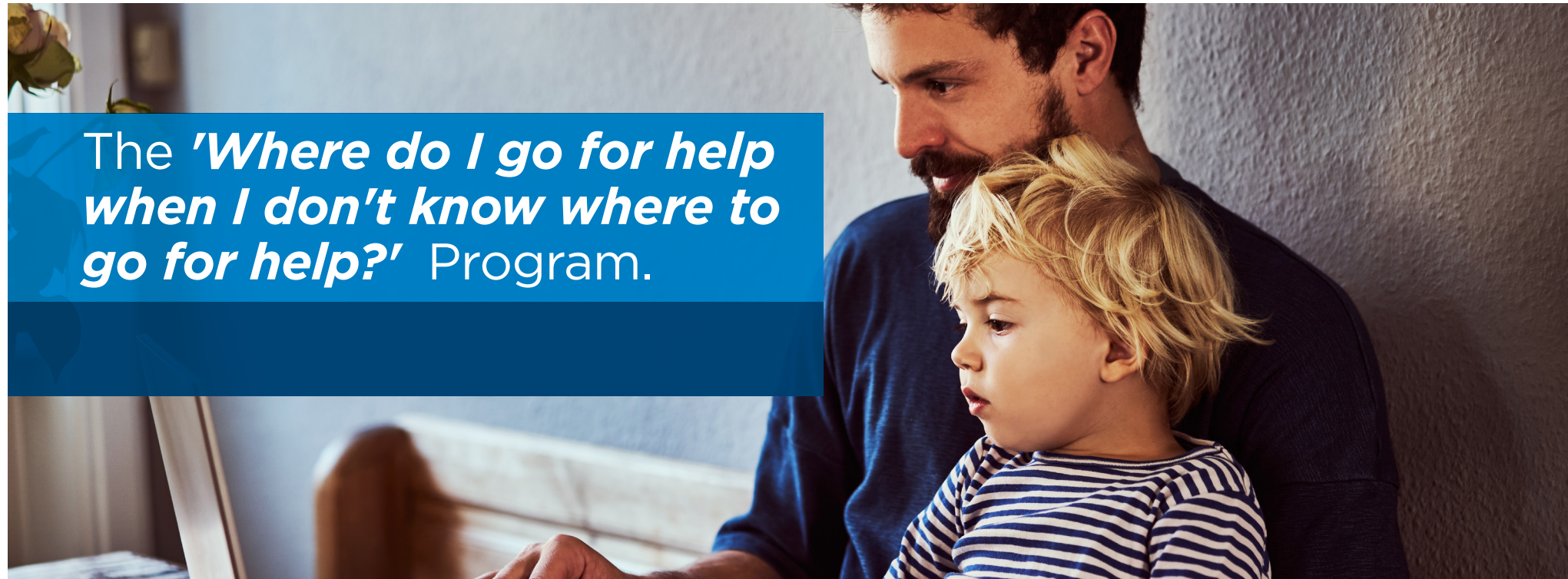
All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company and Cigna Behavioral Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

937446 04/20 © 2020 Cigna. Some content provided under license.

SR 59210808-130966848



National Roofers Union
& Employers Joint
Health & Welfare Fund

A photograph of a man with a beard and a young child with blonde hair, both looking intently at a screen. The man is wearing a dark blue shirt, and the child is wearing a blue and white striped shirt. The background is a plain, light-colored wall.

The '*Where do I go for help when I don't know where to go for help?*' Program.

Together, all the way.™

937446 04/20





LEARN MORE ABOUT THE CIGNA EMPLOYEE ASSISTANCE PROGRAM

With the Cigna Employee Assistance Program (EAP), you can get support for everyday issues. Even the last-minute ones. You'll get real solutions from a range of different resources, including:



1-5 face-to-face or video counseling sessions – per issue, per year – with a licensed clinician available at no cost to you



EAP consultants offering support for a range of issues, including:

- Relationships and parenting
- Stress management
- Coping with loss or change



Help with everyday needs and home life referrals, such as:

- Financial and legal services*
- Community resources
- Childcare and eldercare
- Pet care and home repair



Online support and resources

* Legal consultations related to employment matters are not available under this program.



All of these services are confidential and available to anyone in your household. Plus, they're all available at no cost to you.



CONNECT WITH EAP 24/7/365.

To get started, call **888.324.6612** or log in to **myCigna.com**
Employer ID: nationalroofers
(for initial registration).