

WE CAN HELP YOU WITH THAT



Life. Just when you think you have it figured out, along comes a challenge. But whether those challenges are big or small, your Life Assistance Program is available to help you and your family find a solution and restore your peace of mind.

Call us anytime, any day.

We're just a phone call away whenever you need us – at no cost to you. An advocate is ready to help assess your needs and develop a solution to help resolve your concerns. He or she can also direct you to an array of resources in your community and online tools, including an article library.

Visit a specialist.

For face-to-face assistance, you have 1-5 sessions available to you and your household members. You can call us or go online to request a referral.

Achieve work/life balance.

It's a constant challenge. If you'd like help handling life's demands, call us for extra support. We can provide advice or a referral to a service in your community on topics such as:



Legal consultation.

Receive a 30-minute free consultation and up to a 25% discount on select fees.



Financial Services & Referral.

Receive a 30-minute free consultation for help with budgeting and financial planning.



Senior care.

Learn about challenges and solutions associated with caring for an aging loved one.



Child care.

Whether you need care all day or just after school, find a place that's right for your family.



Adoption.

Learn more about your adoption options and the agencies available to help you.



Pet Care.

From grooming to boarding to veterinary services, find what you need to care for your pet.



Summer Care.

Find out more about camps and programs to help get your family through the summer months.

Assistance Program

24/7

These are just a few examples of the support available to you.

Call to get the assistance you need to help resolve life's challenges.

855.371.5515 | cignaglobal.powerflexweb.com

log in company code: **life assistance**

Self-service support – at your fingertips. Educational materials on work/life topics such as caregiving, daily living and working smarter are available online, as well as personal assessments and interactive tools, including a savings center and relocation center.

Extra flexibility. For assistance with your search, we can email you. Include your email address when you request support via the web. It's just one more way for us to meet your needs.

Special features. Try using the online skill builders or attend a web seminar to help you learn new skills and adopt positive work/life balance habits – for good.

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

GO YOU



Offered by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company.

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