

YOU HELP OTHERS. WE CAN HELP YOU.



Support through the Employee Assistance Program.

If you're a First Responder, your **Cigna Employee Assistance Program (EAP)** can help with a number of critical challenges that police, fire, EMT and other vital response personnel may face. This valuable support is offered by your employer at no cost to you.

The Employee Assistance Program provides support to First Responders and their families (any member of your household).

Call us anytime, any day.

We're here for you. Our dedicated highly trained staff are here to find solutions and get you the help you need, when you need it.* We help with concerns and challenges such as:

- › Post-traumatic stress disorder
- › Suicide prevention
- › Emotional support for family members
- › Coping with loss and trauma
- › Stress and anxiety
- › Childcare resource referrals
- › Financial concerns

*Some work/life services offered under the Cigna Employee Assistance Program may be provided by a Cigna contracted third-party vendor.

Together, all the way.®

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We respond first by listening.
Contact us at any hour, day or night.

Call :877.622.4327 and select the first responder prompt
You can also log in to myCigna.com

Employer ID: friscotexas
(for initial registration)

Resources can also be found at
Cigna.com/DisasterResourceCenter
under **First Responders**.

TTY/TDD users call 1.877.486.2048 or 711.

Like you, it's our job to help. So, we're proud to offer any assistance you need – from qualified referrals to resources in your area to online tools. We also offer in-the-moment telephone support, 24 hours a day, seven days a week. We're here to help you face challenges, on the job or at home.

