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Resilience and Wellness for Work and for Life

Dear Bishops and Clergy:

The Church Pension Fund is happy to announce that active and retired Episcopal clergy* and their household members now have access to a new health benefit at no additional cost to them: the International Employee Assistance Program (IEAP).

**For a complete list of covered dioceses, please visit cpg.org/IEAP. In addition, this benefit is also available to Episcopal clergy working under an Extension of Ministry outside the United States.*

Consistent with our overall effort to help you lead a healthy life, this wholly confidential, 24/7 service administered by Cigna covers up to six counseling sessions a year per issue to assist you with personal, family, and professional matters, including

- parenting and marital relationships;
- life transitions, anxiety, and depression;
- the loss of a loved one;
- substance use;
- bullying and harassment;
- relocation and housing; and
- workplace pressure.

In addition, the IEAP offers referrals to local agencies and professionals who can help with

- identity theft;
- pet, child, and elder care;
- budgeting, estate planning, and other financial concerns;
- adoption, other legal processes; and a lot more.

Plus, it can provide guidance to clergy who need to

- address concerns within their congregations,
- motivate individuals,
- provide constructive feedback, and
- coordinate the response to political unrest or a natural disaster.

Available worldwide by phone (toll-free), video, text, or chat, the program gives eligible individuals access to a network of more than 11,000 counselors in over 200 countries and 27 languages.

Easy Access

Worldwide phone number: +1-984-222-6957 (direct dial or reverse calling)

WhatsApp: +1-984-920-6875 (text only)

Local number: for your country's freephone, consult this [document](#).

Faithfully,

John Servais
Senior Vice President
Benefits Policy & Design

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