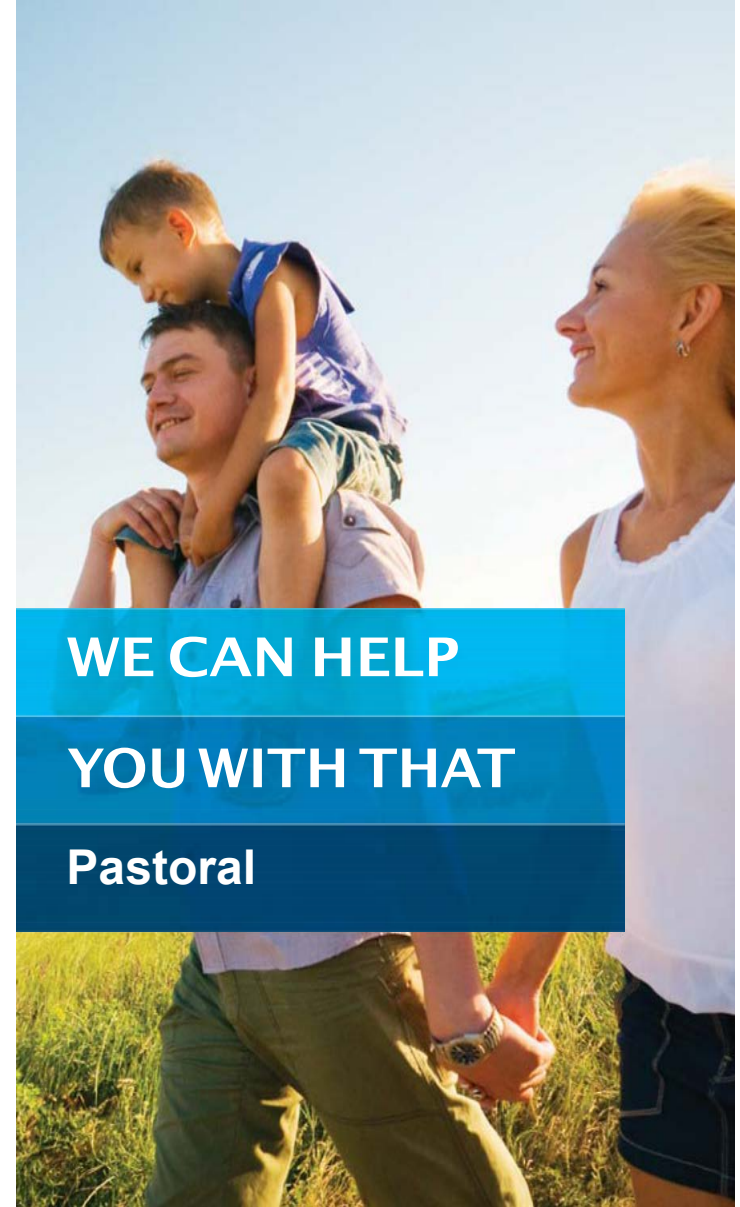




Have questions? Don't see what you're looking for? Contact us to get the assistance you need.

Call 1.866.395.7794
Log in to CignaBehavioral.com
and enter your Employer ID: EpiscopalPSN

Employee Assistance & Work/Life Support Program
24/7



**WE CAN HELP
YOU WITH THAT
Pastoral**

Employee Assistance & Work/Life Support Program
24/7



*4PNF JFBMUIZ 3FXBSET QSPHSBNT BSF OPU BWBJMBCMF JO BMM TUBUFT, BOE QSPHSBNT NBZ CF EJTDPOUJOFVE BU BOZ UJNF. *G ZPVS IFBMUI QMBO JODMVEFT DPWFBSHF GPS BOZ PG UIFTF TFSWJDF, UIJT QSPHSBN JT JO BEEJUJPO UP, OPU JOTUFBE PG, ZPVS QMBO DPWFBSHF. " EJTDPOU QSPHSBN JT/05 JOTVSBODF, BOE ZPV NVTU QBZ UIF FOUJSF EJTDPOUJOFVE DIBSHF.

**FHBM DPOTVMUBUJPO SFMBUFE UP FNQMPZNFUO NBUJFST BSF OPU BWBJMBCMF VOEFS UIJT QSPHSBN.

"MM \$JHOB QSPEVDUT BOE TFSWJDF BSF QSPWJEFE FYDMVTJWFMZ CZ PS UISPVHI PQFSBUJQH TVCTJEJBSJFT PG \$JHOB\$PSPQPSBUJPO, JODMVEJOH \$JHOB#FIBWJPSBM)FBMUI, *OD.5IF \$JHOB OBNF, MPH, BOE PUIFS \$JHOB NBSLT BSF PXOFE CZ \$JHOB *OUFMMFDUUBM 1SPQFSUZ, *OD.

#BTF \$BUBMPH 818480 D 12/15 3 2015 \$JHOB. 4PNF DPOUFOU QSPWJEFE VOEFS MJDFOTF.



TAKE A DEEP BREATH. WE'RE HERE TO HELP.

The enclosed listing is just a small sampling of the support available to you at no additional cost with your Employee Assistance & Work/Life Support Program.

If you can't seem to find exactly what you're looking for, remember: we're always just a call or click away.

Call us anytime, any day.

We're here to listen to your needs, get you the information you need and guide you toward the right solution.

We can also direct you to a variety of helpful resources in your community.

Get the support you need conveniently online.

- › Read educational materials on work or life topics.
- › Access various interactive tools related to health and wellness.
- › Explore our stress toolkit, which includes assessment tools, articles and stress management techniques.
- › Take advantage of your Healthy Rewards' discount program* for savings on many health and wellness products and services.

Visit an Employee Assistance Program (EAP) provider.

1-10 sessions are available to you and your household members. Call us or go online, search the provider directory and request an authorization.

A well-balanced offering to help you live a well-balanced life.



Pastoral Support Network: The Pastoral Support Network (PSN) offers counseling and support services with a particular sensitivity to the unique issues priests and their families may experience. If there's an issue for which you'd like assistance, you can talk with a PSN counselor over the phone or get a referral for a counseling professional in your area.

The Pastoral Support Network is part of your EAP benefit, and is completely confidential. Neither your congregation/employer nor the Episcopal Church Medical Trust will be notified when you use the services.



Legal Consulting:** Get a free 30-minute consultation and up to 25% off select fees.



Identity Theft: Learn how to protect yourself from and respond correctly to identity theft with a free 60-minute expert consultation by phone.



Financial Services & Referral: Take advantage of a free 30-minute financial consultation by phone and 25% off on tax preparation.



Child Care: Whether you need care all day, before/after school, during the summer or just want a back-up plan for unplanned events, we'll help you find a place, program or person that's right for your family.



Senior Care: Learn about challenges and solutions related to caring for an aging loved one.



Pet Care: From vets to dog walkers, we'll help connect you with the right people and places to ensure your pets are well taken care of.

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