For better work/life BALANCE – and a better BOTTOM LINE.

From job and financial concerns to family and relationship issues, many of today's workers face intense pressure, stress and worry. When employees are in distress it hurts them and their families. And it hurts the bottom line of the companies they work for – pushing benefits costs higher and dragging down productivity.

Cigna can help

Our award-winning Employee Assistance Program (EAP) delivers the support employees and employers need to better manage work/life issues so they stay healthy, focused and productive. We bring unique capabilities that deliver stronger proven outcomes:

Better approach for better outcomes

- **Expertise**
  - 36 years experience
  - Nearly 1,000 clients
  - 11 million customers

- **Strategy**
  - Prevention and treatment
  - Evidence-based interventions
  - Behavior modification

- **Clinical Network**
  - 28,000 doctors and clinicians
  - Multi disciplined in-house clinical staff
  - No outsourcing

**Outcomes**

- 96.2% better able to manage stress
- 95.5% improve work/life balance
- 83.3% improve work attendance
- 91.1% improve work productivity
- 7.3 hours of employee time saved accessing resources
- 7 in 10 avoid a behavioral claim

Provided by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company.
Helping everyone perform better

Our comprehensive services help your workforce gain the knowledge, skills and support they need to stay healthy and productive and contribute positively to the organization's bottom line.

<table>
<thead>
<tr>
<th>Individual</th>
<th>Managers/Supervisors</th>
<th>Organization</th>
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<tbody>
<tr>
<td><strong>Better health &amp; productivity</strong></td>
<td><strong>Better performance</strong></td>
<td><strong>Better bottom line</strong></td>
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<tr>
<td>• Easy 24/7/365 access</td>
<td>• Education</td>
<td>• Strategic consultation</td>
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<tr>
<td>• Available for all household members</td>
<td>• Unlimited consultation</td>
<td>• Flexible plan design</td>
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<td>• Work/Life support</td>
<td>• Role-playing</td>
<td>• Onsite services</td>
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<td>• Time-saving referrals</td>
<td>• Performance referrals</td>
<td>• 120+ wellness seminars customized to meet your populations' needs</td>
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<td>• Mental health counseling</td>
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<td>• Management training</td>
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We provide the support necessary to help everyone perform better. Our fast response, professional services and quality support is what makes us stand-out as a leader in the EAP marketplace.

Don't let employee distress hurt your organization's performance. Let us show you how we can help your organization find better work/life balance - and a better, stronger bottom line.

Connect with an EAP counselor either by phone or online for free, fast and effective expert assistance.

888.325.3978
Cignabehavioral.com
Employer ID: IAM

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