

Finding counseling and work/life resources on Cigna Envoy

International Employee Assistance Program (IEAP)



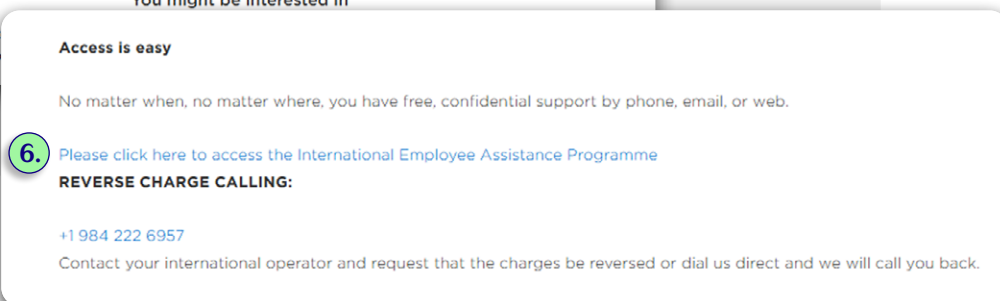
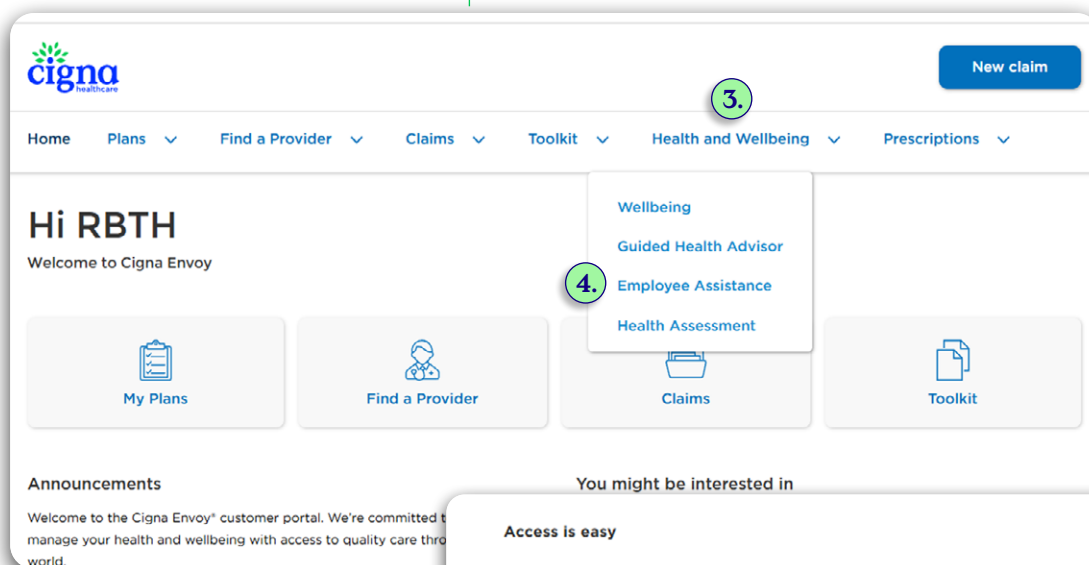
Balanced living relies on total well-being. It is important to recognize when situations create an unhealthy amount of stress, distraction, or worry. Before any work or life issue becomes a larger problem, or for support when you're facing difficulties, contact the International Employee Assistance Program (IEAP) service for confidential counselling and information.

Live assistance is always available.

As an employee, you and your family have access to confidential assistance with any work, personal, or family issue. Any time, any day, you can contact the service for live assistance, including: in-the moment telephonic support and short-term professional counselling. With in-the-moment telephonic support, callers will be speaking with a counselor immediately.

Access IEAP through Cigna Envoy.¹

1. Access the mobile app OR go to CignaEnvoy.com.
2. In the 'Customer' area, click Login if you already have a Cigna Envoy user name and password or Register to follow the steps to create a user name and password.
3. Hover over the 'Health and Wellbeing' tab at the top of the page.
4. Click 'Employee Assistance'.
5. Scroll to the bottom of the page.
6. Click to access the International Employee Assistance Programme website.



Global Health Benefits

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Offered by Cigna Health and Life Insurance Company or its affiliates.

Contact information.

Direct Dial:

+1 984 222 6957

Contact your international operator and request that the charges be reversed or dial us direct and we'll call you back.

Global Freephone:

For a global freephone number, access the phone list on the website.



Download the Cigna Envoy app.²

Easier to access. Easier to use.

Instant, real-time access to your health information on the go. The Envoy App can be downloaded for free from the App Store,[®] Google Play[™] or Amazon.com.² Click the app button or scan the QR code below to download.



Global Health Benefits



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