

Life isn't always easy. Calling the Employee Assistance Program is.

Easy as EAP

Whether the challenges you're facing are big or small, your Employee Assistance Program (EAP), offered by Cigna Behavioral Health, is available to help you, your family, and your household members with:

- | | | |
|-----------------------------------------|-----------------------|-----------------------------|
| + Communication with friends and family | + New parents | + Eating disorders |
| + Stress reduction | + Sleep habits | + Life and job satisfaction |
| + Traumatic event | + Relationship issues | + Substance abuse |
| | + Teens and alcohol | |

Assistance your way

PHONE-BASED ASSISTANCE 24/7

- Call **1-800-952-6676** (Spanish assistance available)
- One number is all you need for all your emotional and behavioral health concerns
- Dedicated advocates are available anytime to assess, connect you to face-to-face or virtual counseling, and develop a solution to help resolve your concerns

ONLINE ASSISTANCE 24/7

- Visit **myCigna.com** anytime to connect with the EAP and find network providers

FACE-TO-FACE AND VIRTUAL COUNSELING

- Face-to-face and virtual counseling with a licensed professional is available to you, your family and your household members, in addition to over-the-phone and online support*
- If you're located in the Orlando, Anaheim, Austin, Burbank/Glendale, Downtown Los Angeles, New York, Bristol or Charlotte area, an onsite counselor is available for face-to-face or virtual appointments. To schedule an onsite appointment (if available), please visit **Cigna.com/Disney** or call **1-800-952-6676**.
Please Note: Walt Disney World onsite EAP is serviced by LifeStance. To schedule an appointment, please call **1-407-647-1781**.
- Up to five visits per person (per concern) are free. For 2021, this has been expanded up to ten visits. Your discussion is private and confidential.
- Call for help finding a network provider or search the provider directory at **myCigna.com**

The EAP is available at no cost to all Employees and Cast Members and their dependents and household members, regardless of whether you're eligible for or enrolled in a Disney medical option.

*If you are enrolled in a Disney medical plan option, you may have behavioral health and substance abuse coverage through your plan. These services are subject to your plan's regular deductibles or copays, after you use your five free EAP visits for a given concern.

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