



# RETURNING VETERAN SUPPORT

We can help you with that.

If you or a member of your family is returning from service, your Cigna Employee Assistance Program (EAP) can help with the challenges of adjusting to civilian life. And it's all offered by your employer at no cost to you.

EAP specialists can provide support to veterans, their family (any household members of the employee) and their employer.

## Call us anytime, any day.

We're here when you need us. Our dedicated staff of personal advocates can get you the information you need and guide you toward the right solution. We can:

- Assess your needs and work with you to find a solution
- Get you the help you need when you're in a crisis situation
- Direct you to a variety of helpful resources online and in your community

No matter your situation, chances are we can help you find a solution. Check out our wide range of educational materials to help you with any work or life challenge that comes your way, and contact us when you need a hand. We're here to help.

Get qualified referrals in your area and online for a wide range of services and information, including:

- Adjusting to the workplace
- Post-traumatic stress disorder
- Suicide awareness
- Military family support
- Reuniting with loved ones
- Dealing with loss in a military family
- Financial and legal consultation\*

**We're here to listen.  
Contact us any day, anytime.**

**Together, all the way.®**



\*Based on the level of work/life services purchased, not available to all participants.

Some work/life services offered under the Cigna Employee Assistance Program may be provided by a Cigna contracted third-party vendor.

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