

EAP

Employee Assistance Program

Provided by
Cigna

Our employee assistance program is an employer sponsored program that provides emotional wellness and life resources for you and your family

Legal & Financial Services

Free 30-minute consultation for each new legal or financial topic

25% discount on further legal services and tax prep

Identity theft assistance

Emotional Well-being Support

Available 24/7

Up to 6 counseling sessions per issue each year

Face to face, telehealth or chat appointments

Daily Life Assistance

Child and Elder Adult Care Assistance

Crisis and disaster support

Career and workplace tools

Fitness planning and strategies

Live and recorded webinars

Articles and self-assessments

Caregiver support

Health assessments and tools

ELIGIBILITY

The EAP is available to all employees.

Anyone who lives in your household regardless of relationship to you, age or health insurance coverage.

Children under 26, regardless of their location.

LOGIN INFORMATION

Call 1.877.622.4327
or myCigna.com

Employer ID: medicalsolutions

For more information, please
reach out to

benefits@hosthealthcare.com

