

Employee Tools

Take a deep breath. You have resources to help get you through life's challenges.

As your dedicated provider for health and well-being, SCHOOLCARE recognizes that managing work and life can be difficult. Everyone experiences changes and challenges from time to time that can lead to added stress. A large part of managing these life stressors is getting the support you need.

SCHOOLCARE has partnered with Cigna to offer the Employee Assistance Program (EAP), a resource to help you live a well-balanced life.



Your EAP benefit provides services to support your total health such as:

- Elder Care
- Emotional Health
- Family Life

- Financial
- Job/Career
- Legal

- Physical Health
- Relationship
- Substance Use

When you need some extra support, please know that the Cigna Employee Assistance Program (EAP) is here to assist with your concerns and guide you towards the best solution.

Several resources are available to support your well-being.

Phone consultations: Connect with licensed professional EAP clinicians who can also direct you to a variety of helpful resources within your community.

Call Anytime, Any Day

1-877-622-4327

or visit myCigna.com

Employer ID: SchoolCare

Online resources: Visit www.myCigna.com. Access interactive and educational materials to help you navigate various work/life topics.

EAP network providers: 1-3 sessions per issue are available to you and your household members. Call for referrals or go online, search the provider directory and obtain authorization. Video sessions are also available to fit your busy schedule.

Monthly EAP seminars: Available year-round on topics that apply to real-life concerns. Watch these seminars live or on-demand from a computer, smartphone or tablet [here](#).

Cigna Behavioral Awareness Series: Free monthly seminars on autism, eating disorders, substance use and children's behavioral health issues. For more information, [click here](#).

Cigna Total Behavioral Health: A comprehensive program that provides help with life events, dedicated support, lifestyle coaching, and online tools. For more information, [click here](#).

RESOURCES FOR EMPLOYERS »