



WE CAN ASSIST YOU WITH THAT

No matter your situation, chances are the NFL Assistance Program has a solution. Check out the extensive library of services for any life challenge that comes your way, and contact the service when you need a hand. They are here to assist you.

Call any time, any day.

The NFL Assistance Program is there when you need it. Cigna's dedicated staff of personal advocates can get you the information you need and guide you toward a possible solution. You can:

- Receive guidance to help resolve your concerns
- Get the assistance you need when you're in a crisis situation
- Get up to 8 face-to-face sessions per issue per year for any mental health issues, including personal relationships, alcohol and substances of abuse
- Receive confidential support if you are having difficulties at home with your spouse or partner. We can connect you with a counselor to safely call for help.
- Ask for a referral to a variety of resources in your community
- Get access to discounts on many health and wellness products through the Healthy Rewards® Program*

Get the support you need - right at your fingertips.

- Search for a mental health or substance abuse professional in your network
- Get educational materials on almost any life issue
- Take a self-assessment to see how you're doing
- Take advantage of the Savings Center – free program for everyday savings of up to 25% on name brands and luxury items.
- Access the interactive tools and much more!

These resources are also available to anyone that lives in your household.

All services are confidential and managed by Cigna, not the NFL.



Your Work/Life Resources

Give Cigna a call or go online under “Work/Life Resources” to get up to three qualified referrals through LiveCONNECT or the Assisted Search option found under individual topics.

ADOPTION:	Adopting a child can be one of the most wonderful, and stressful, times in an adoptive parent’s life. Our team can provide the support you might need to find the right adoption specialists and support groups to get you headed in the right direction.
CHILD CARE:	When it comes to child care, parents can face multiple challenges on any given day. From finding the right child care center to nanny, and everything in between, we’ll connect you to the resources that can assist your family, and even introduce you to options that you may not have considered.
EDUCATION:	We understand the importance of your child’s education, that’s why we offer a comprehensive suite of education referral services for parents. From kindergarten to public schools to special programs and college preparation, we’ll provide you with the information you need to make the best decisions for your children.
FINANCIAL SERVICES:	When it comes to finances, most of us need a little assistance now and then. If you’d like to talk with a qualified financial services specialist, we’ll provide you with access to a free in-depth financial needs analysis from a qualified specialist and 30 days of financial coaching at no cost to you. In addition, you can get 50% off on tax preparation when you take advantage of this service.
IDENTITY THEFT:	If you think you might be a victim of identity theft, talk to one of our fraud resolution specialists. To start, we’ll provide you with access to a 60-minute free consultation and make sure you have all the resources you need to protect yourself.
LEGAL:	Some of life’s events call for expert advice. When you need legal assistance, contact us. We’ll provide you with access to a free 30-minute consultation – plus up to a 25% discount on usual fees.
PARENTING:	If you’re a parent, you want the best for your family, but might not always have the time or the answers you need. From the most basic to challenging, you’ll get the information you need on topics ranging from toilet training to sibling rivalry.
PET CARE:	Your pet is part of your family, so we understand the importance of finding solutions to any number of needs. From vets to dog walkers, we can connect you with the resources to ensure that your furry friends are well taken care of.
PRENATAL CARE:	Our services can provide support throughout every exciting pregnancy stage leading up to birth. From core necessities such as nutrition and exercise to birthing methods and pre-planning, you’ll find the answers, guidance and support you need through every stage of development.
ELDER CARE:	Making the right decisions when it comes to managing important senior citizen care issues that arise in your family can be difficult. That’s why we provide the information you need along with a support system to guide you through the process.
SPECIAL NEEDS:	For parents who face greater challenges than most, our services provide the support you want when facing childhood illness or disabilities. When it comes to making sure special needs families have the continuing support they need, we’re here every step of the way.
SUMMER CARE:	Our services provide parents with the resources to assist with finding the right summer camps and programs for your kids, and assist you with any special concerns your family might have.

To learn more, call **866.421.8628 (option #4)** or visit us online at: www.CignaBehavioral.com and log in using the employer ID: **NFL**



*Some Healthy Rewards programs are not available in all states. If your Cigna plan includes coverage for any of these services, this program is in addition to, not instead of, your plan coverage. A discount program is NOT insurance, and you must pay the entire discounted charge.

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