

# 1. Login to myCigna.com



ID Cards ⓘ ⓘ

- Home
- Find Care & Costs
- Coverage ▾
- Claims ▾
- Spending Accounts ▾
- Prescriptions ▾
- Wellness ▾

## Employee Assistance Program (EAP)

Coverage period: 01/01/2020 - 12/31/2020 Coverage is active for: Anyone who shares the subscriber's address, including a nanny, parent, or in-law.

### Real support for real life. Confidential and no cost to you.

Your home and work life impacts your health. Cigna's EAP provides access to work/life resources, and licensed clinicians to help you cope with a wide variety of concerns, from family and financial issues to substance use, emotional health, and stress. [Learn more about confidentiality and cost](#)

<h4>Emotional Health and Family Support</h4> <p>Learn how to manage stress, address depression and anxiety, cope with illness, and adjust to life challenges. Also, get help with marriage and relationship issues.</p>	<h4>Home Life Referrals</h4> <p>Request referrals for child care, eldercare, adoption, pet care, home repairs, and more. Address parenting questions.</p>	<h4>Financial and Legal Assistance</h4> <p>Calls with financial consultants on debt, budget, identity theft, retirement, etc. Get a no-cost ½-hour, per legal issue, with a network attorney. (Employment-related matters excluded.)</p>	<h4>Job and Career Support</h4> <p>Discuss career growth, and get help for managing workplace stress change, and other issues.</p>
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# 2. Scroll down and click on Happify *"Start your journey today"*

## Behavioral Health Resources

- ▶ [Manage your stress level, find disaster resources, explore wellness webcasts, learn about self-care, and much more.](#)

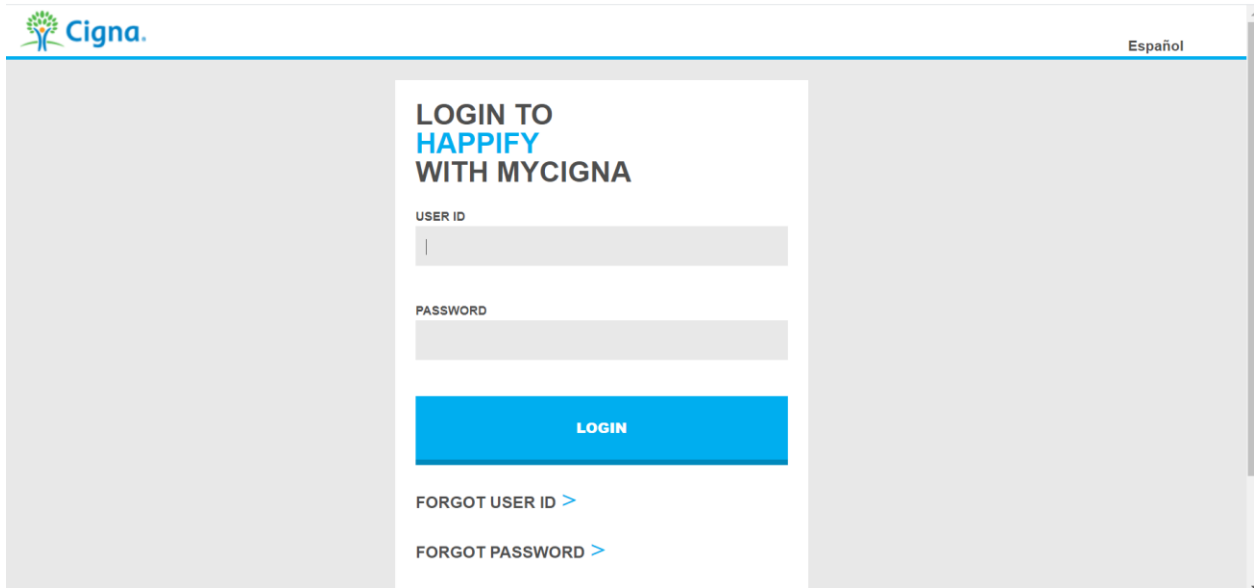
**Happify** - Science-based activities and games designed to help you overcome negative thoughts, stress, and life's challenges. Happify fits into your busy schedule and can be accessed anytime from a desktop or mobile device. [Start your journey today](#) ⓘ

**iPrevail** - Get help overcoming anxiety, depression, eating disorders, grief, panic, and more with on-demand coaching and personalized lesson plans based on proven cognitive behavioral therapies. Engage with peer coaches or work through the activities and lessons on your own. Third-party service providers, including but not limited to, network clinicians, are solely responsible for any services provided. Providers aren't agents of Cigna. [Get started](#) ⓘ

The information on this site is a general description of your employer's program and not a contract. Complete program terms are in the Employee Assistance Program Service Agreement. Employment law services and matters that can impact your employer (the sponsor of your EAP program) may be excluded. Happify and iPrevail programs are provided by third party service providers and not by Cigna. Cigna assumes no responsibility and shall have no liability under any circumstances arising out of the use or misuse of such programs. Happify and iPrevail programs are for educational purposes only and do not provide medical advice tailored to you in any way. Do not rely on these programs or other content accessed through the myCigna® website as a tool for self-diagnosis. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations. Third party service providers, including but not limited to, network clinicians, are solely responsible for their services. Providers are not agents of Cigna.

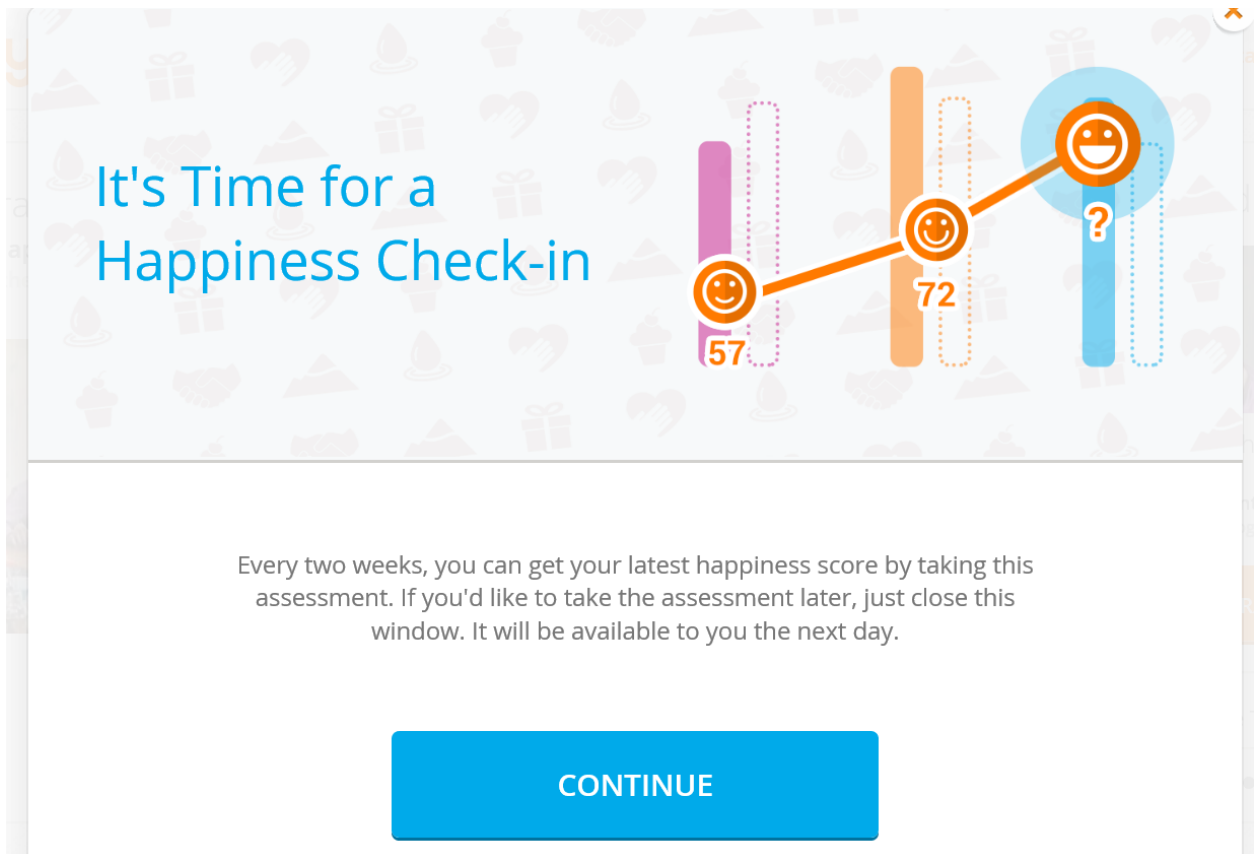
Feedback ⓘ

3. You will be taken to this page



The image shows a login page for Cigna's MyCigna portal. The Cigna logo is in the top left, and the word "Español" is in the top right. The main heading is "LOGIN TO HAPPIFY WITH MYCIGNA". Below this are two input fields: "USER ID" and "PASSWORD". A blue "LOGIN" button is positioned below the password field. At the bottom of the form area, there are two links: "FORGOT USER ID >" and "FORGOT PASSWORD >".

4. Once you login, you will be taken to the home page



The image shows a "Happiness Check-in" banner. The text "It's Time for a Happiness Check-in" is on the left. On the right is a line graph with three data points: a purple bar with a score of 57, an orange bar with a score of 72, and a blue bar with a question mark. Each bar has a smiley face icon. Below the graph, the text reads: "Every two weeks, you can get your latest happiness score by taking this assessment. If you'd like to take the assessment later, just close this window. It will be available to you the next day." At the bottom center is a large blue "CONTINUE" button.