

Employee Assistance Program

EAP: 1-888-371-1125 or www.cignabehavioral.com
 ID: depauwuniversity, PIN: employee

Face-to-Face Assistance

Participant Services

- 24/7 Telephonic Access
- Confidential
- Provider Referrals
- 1-3 Face-to-Face Sessions
- Telephonic Consultation
- Available to employees and their household members
- Crisis Intervention Services
- Community Resources
- Life at Work Resources
- Healthy Rewards Discounts
- Emotional Well-Being Online (Assessment Tools, FAQs, Article Library, Online Access & Referral, Awareness Series)
- Personal Stress Navigator

Full-Service Life Events

Telephonic Services

- **Child Care**
Child care centers, family child care homes, in home care, baby-sitting agencies and options, nanny agencies and options, au pair agencies and options, preschools/ nursery schools, before and after school programs
- **Senior Care**
Home health agencies, nursing homes, assisted living facilities, continuing care retirement communities, social & recreational programs, long distance care-giving, backup care, respite care
- **Prenatal Care**
Birthing methods, nutrition, exercise, and diet, child care pre-planning, breastfeeding and formula feeding
- **Parenting**
Child development, sibling rivalry, separation anxiety, sleep and bedtime routines, toilet training, child safety, discipline, raising adolescents
- **Summer Care**
Residential camps, day camps, traditional camp programs, specialized camp programs
- **Special Needs**
Common childhood illnesses, children with multiple disabilities, developmental delays, mentally challenged/ill
- **At-Risk/High-Risk Adolescents**
Transitional living programs, day & residential treatment facilities, positive after-school alternatives, mentoring programs
- **Pet Care**
Veterinarians, insurance, pet-sitting resources, obedience training, pet store, pet supply catalogs
- **Adoption**
State adoption specialists, adoption support groups, private adoption, national adoption organizations
- **Education**
Kindergarten programs, before-and after-school programs, public schools, undergraduate & graduate programs
- **Legal**
30 minute free consultation, up to a 25% discount on usual fees, referrals to local providers, coverage for most legal issues
- **Financial Info**
Spending habits, budgeting strategies, managing credit, debt management, debt consolidation
- **Enhanced Financial Services**
30 minute free telephonic consultation and advice on a wide range of topics from IRA and college funding to buying life insurance

Online Services

- **Family & Caregiving**
Adoption, Child Care, Parenting, Senior Care, Education, Pet Care
- **Health & Wellness**
Live Healthy, Health & Aging, Common Health Concerns
- **Daily Living**
Consumer Information, Travel & Recreation, Finances, Legal Issues
- **Working Smarter**
Teambuilding, Career Transition & Growth, Supervisory Issues, Diversity, Productivity, Recognition
- **Relocation Center**
Climate, Crime Rates, Education Levels, Income, Housing Prices, Marital Status, Types of Homes, School Listings, Hospitals, Places of Worship
- **Savings Center**
Everyday Discounts, In-store Shopping Events, Savings on Local Shops & Restaurants, Seasonal Shopping Guides & Promotions
- **Self-Search Provider Locators**
- **Educational Materials**
- **Personal Assessments**
- **Interactive Tools**
- **Assisted Search - Email**

Referrals & Fulfillment

- Up to 3 Qualified Referrals where available; if additional needed consumer calls back
- Life Events Turnaround Time: 12 business hours; emergency is 6 business hours
- Online & Print Fulfillment Materials