



Employee  
Assistance  
Program (EAP)

24/7

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## Support for your mind and body.

**EAP National Wellness Seminars:** Take part in bi-monthly seminars year-round on topics that apply to real-life concerns. Join live or on demand from a computer, smartphone or tablet at:

[Cigna.com/EAPWebCasts](https://Cigna.com/EAPWebCasts).

### **Suicide Awareness and Prevention:**

Find crisis resources and information at

[Cigna.com/SuicidePrevention](https://Cigna.com/SuicidePrevention).

## Call anytime for questions or support.

1.800.944.4887

[myCigna.com](https://myCigna.com)

**Employer ID: honeywellaerospace**

(for initial registration)

**TTY/TDD users call 711**

Employee assistance program (EAP) services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Program availability may vary by plan type and location, and are not available where prohibited by law.

Some work/life services offered under the Employee Assistance Program may be provided by a Cigna Healthcare-contracted third-party vendor.

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For the employees of Honeywell Aerospace and their household members.



# Real support for real life

Get to know the Employee Assistance  
Program (EAP)



# Here to help. And support. And problem-solve.

With our Employee Assistance Program (EAP), you can get support for everyday issues and life challenges. The Employee Assistance Program (EAP) is here to connect you with real people who can help you find real solutions to life's challenges.

These services are all confidential and available at no additional cost to you and anyone living in your household.



To access mindfulness exercises and discover stress management techniques, explore our Managing Stress Toolkit at [Cigna.com/ManagingStress](https://Cigna.com/ManagingStress).



## Emotional Health

Get up to 8 sessions per issue per year with a dedicated, licensed counselor at no cost to you.

Start by calling or using live chat to get a referral. Face to face or virtual sessions available for topics such as:

- Relationships and parenting
- Behavioral health and substance use
- Stress management

Confidential phone consultations are available to you and anyone living in your household at no cost. Work with a licensed EAP clinician for 20–30 minutes per phone session. There are no limits to how often you can call for various concerns; you can expect up to two phone sessions per issue.

## Home Life Referrals

Referrals for community resources/services

- **Parenting:** Find guidance on everything from toilet training to sibling rivalry.
- **Pet care:** From veterinarians to dog walkers, we'll help you ensure your pets are well taken care of.
- **Child care:** We'll help you find a place, program or person that's right for your family.
- **Education guidance:** We'll help you make the best decisions for your family for college searches and more.
- **Prenatal care:** Find guidance through every pregnancy stage.
- **Children with special needs:** Let us help you better understand and care for your unique family needs.

## Financial and Legal Assistance

- **Enhanced financial and legal services:** A free 60-minute consultation per topic with a financial advisor (two 30-minute phone sessions) or a network attorney, 25% off select legal fees and 25% off tax preparation.<sup>1</sup>
- **Identity theft:** Get a free 60-minute expert consultation by phone for prevention or if you are victimized.

<sup>1</sup>Customers are required to pay the entire discounted charge for any discounted legal and/or financial services. Legal consultations related to employment matters are excluded. Additional restrictions may apply.

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