



RESOURCES FOR ACTIVE MEMBERS WITH MEDICAL COVERAGE THROUGH THE BENEFITS PLAN OF THE PRESBYTERIAN CHURCH (U.S.A.)

The Employee Assistance Program (EAP)

866-640-2772

mycigna.com

The EAP, provided by Cigna Behavioral Health, is available to active members with medical coverage and anyone living in their household. It provides the following resources at no cost to those it serves:

UP TO SIX, FREE COUNSELING SESSIONS PER ISSUE

Sessions may be face-to-face, video-based or by phone. These sessions require use of a network provider and must be authorized by the EAP.

UNLIMITED TELEPHONE CONSULTATIONS WITH A LICENSED CLINICIAN

Phone consultations offer a convenient, immediate alternative to seeing a practitioner in person. Examples of issues telephone consultations can help with include a friend or family member's substance use, conflicts with a coworker, marital issues and concerns about a child or elderly parent.

ONLINE RESOURCES

Register on mycigna.com (enter PC(USA) for Employee's Employer ID) to access resources on topics ranging from depression to relationships to time management and more.

RESOURCES FOR EMPLOYERS

The EAP provides essential support to those who supervise employees enrolled in the Medical Plan. The Employee assistance consultants with backgrounds in theology and experience with the Presbyterian Church EAP can help employers when a crisis strikes, an employee's work is suffering because of personal issues, or there are concerns about an employee's welfare.

RESOURCES