



## PARENTING & CHILD CARE

We can help you with that.

Whether you're a parent now or have hopes of being one someday, you have access to confidential resources, information and referrals for every age and stage. Best of all, it's all offered by your employer at no cost to you through your Cigna Employee Assistance Program (EAP).

Take advantage of advice and support regarding these and other topics.

- › Adoption
- › Pregnancy and infertility
- › Special needs
- › Nursing your infant
- › Family leave and returning to work
- › Childcare, back-up care and sick child care
- › Resources for all educational and developmental stages



**We're here to listen.**  
**Contact us any day, anytime.**

Call 1.877.622.4327

Visit [CignaBehavioral.com](http://CignaBehavioral.com). Have your employer ID number handy: fandm

Or live chat:

Click on Work Life Resources, then click accept and you'll find LiveConnect – where you can get connected with a work/life specialist

**Together, all the way.®**



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

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