



International Member Assistance Program (IMAP)

Balanced living relies on total wellbeing and peace of mind while studying abroad.

Live assistance is always available

As a student, you have access to free, confidential assistance with any work or personal issue.

Any time, any day, you can contact the service for live assistance including: short-term professional counselling, telephonic support.

We are here to support you

Professionals are ready to assist you with any issue that matters to you.

Topics include, but are not limited to:

- › Improving family communication
- › Harmony between school and home life
- › Managing life changes
- › Handling stress
- › Surviving the loss of a loved one
- › Managing anxiety and depression
- › Substance use
- › Bullying and harassment
- › Couples' support
- › Parenting
- › Caring for an elder

You're supported worldwide

- ✓ Available 24 hours a day, 7 days a week, 365 days a year
- ✓ Access available worldwide by phone, email, or web
- ✓ Access to 6 face-to-face sessions with a counsellor
- ✓ Provides information and counselling on any personal issue that matters to you
- ✓ No cost to you to use the service
- ✓ Support available in your language

United States 18778572952; +1-9195261749

Finding counseling and work/life resources on Cigna Envoy

International Employee Assistance Program (IEAP)



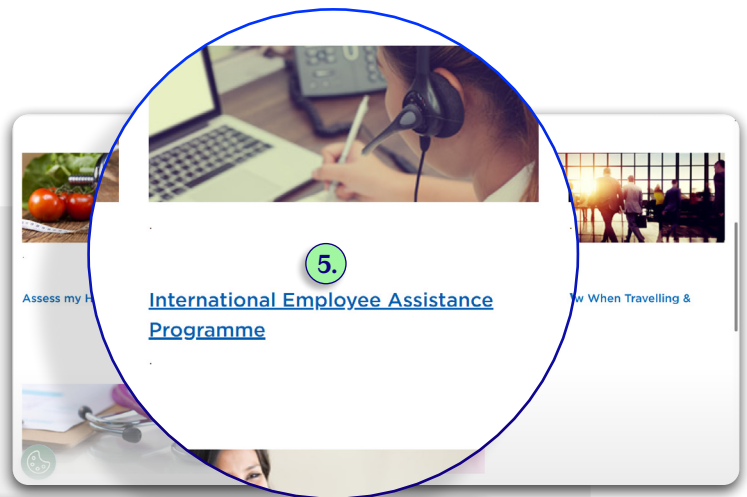
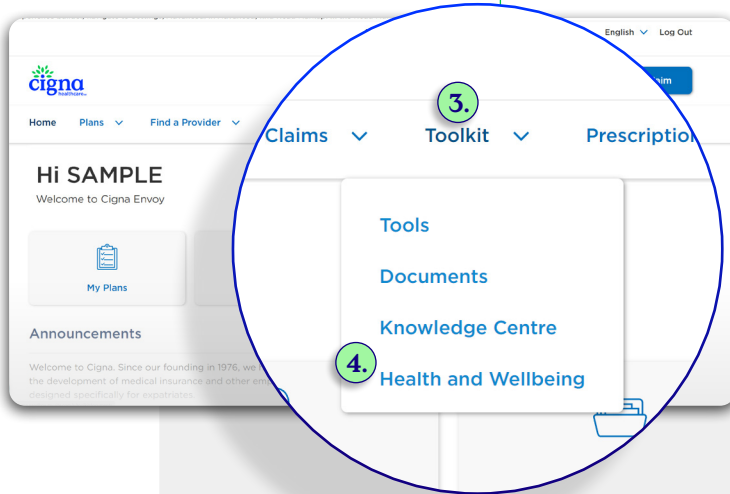
Balanced living relies on total well-being. It is important to recognize when situations create an unhealthy amount of stress, distraction, or worry. Before any work or life issue becomes a larger problem, or for support when you're facing difficulties, contact the International Employee Assistance Program (IEAP) service for confidential counselling and information.

Live assistance is always available.

As an employee, you and your family have access to confidential assistance with any work, personal, or family issue. Any time, any day, you can contact the service for live assistance, including: in-the-moment telephonic support and short-term professional counselling. With in-the-moment telephonic support, callers will be speaking with a counselor immediately.

Access IEAP through Cigna Envoy.®¹

1. Access the mobile app OR go to CignaEnvoy.com.
2. In the 'Customer' area, click Login if you already have a Cigna Envoy user name and password or Register to follow the steps to create a user name and password.
3. Hover over the 'Toolkit' tab at the top of the page.
4. Click 'Health and Wellbeing'.
5. Click 'International Employee Assistance Programme'.
6. Scroll to the bottom of the page.
7. Click to access the International Employee Assistance Programme website.



Access is easy

No matter when, no matter where, you have free, confidential support by phone, email, or web.

[Please click here to access the International Employee Assistance Programme](#)

REVERSE CHARGE CALLING:

+44 208 987 6230

Contact your international operator and request that the charges be reversed or dial us direct and we will call you back.

Global Health Benefits

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Offered by Cigna Health and Life Insurance Company or its affiliates.

Contact information.

Direct Dial:

+44 208 987 6230

Contact your international operator and request that the charges be reversed or dial us direct and we'll call you back.

Global Freephone:

For a global freephone number, access the phone list on the website.



Download the Cigna Envoy app.²

Easier to access. Easier to use.

Instant, real-time access to your health information on the go. The Envoy App can be downloaded for free from the App Store[®], Google Play[™] or Amazon.com.² Click the app button or scan the QR code below to download.



Global Health Benefits



1. Web-based tools, such as Cigna Envoy[®] are available for informational purposes only. These tools are not intended to be a substitute for medical care provided by a physician. The listing of a health care professional or facility in the mobile directories available through the Cigna Envoy mobile app does not guarantee that the services rendered by that professional or facility are covered under your benefits plan. Refer to your plan documents, or call the number listed on your ID card, for information about the services covered under your plan benefits. References to non-partnered organizations or companies, and/or their products, processes or services, do not necessarily constitute an endorsement or warranty thereof.
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