

Church Pension Group

Employee Assistance Program (EAP) Information

Note: The EAP is available to clergy and lay members of the Episcopal Church Medical Trust Health Insurance Plans and their immediate families. If you are not on one of these plans but are employed by an Episcopal Church and are eligible for health insurance (i.e., you work about 1000 hours per year), you can still arrange access to the EAP for \$5 per month.

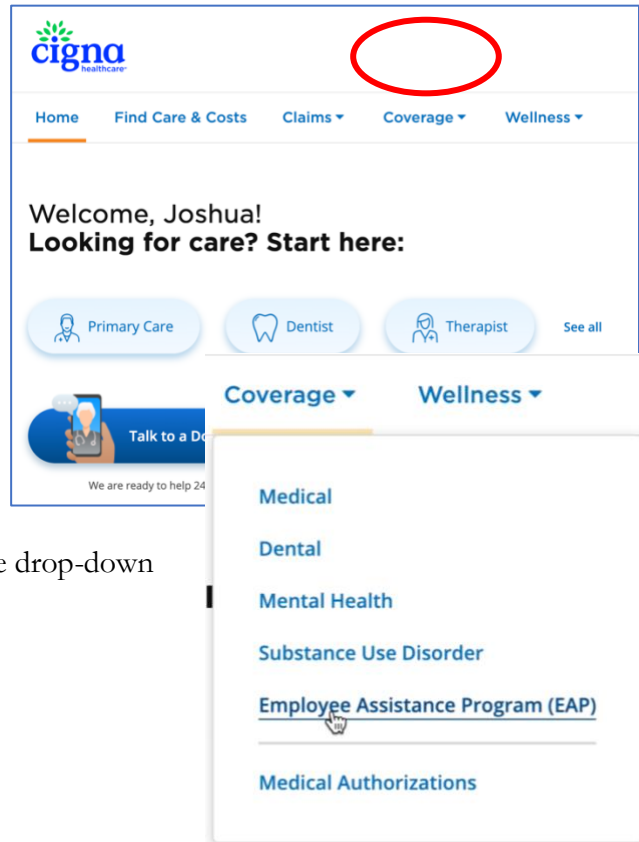
Products offered (not an exhaustive list):

1. 24/7 phone access for behavioral health issues
2. Referrals for in-person counseling
3. Virtual behavioral health visits using online platforms that connect to licensed therapists
4. Legal consultations
 - a. Identity Theft (prevention or if you are victimized)
 - b. Legal Consulting (free 30 min. consultation and 25% off select fees)
5. Financial services and referrals
6. Tips for balancing work and family
7. Assistance finding childcare and senior care
8. Home Life Referrals, such as...
 - a. Adoption
 - b. Child Care
 - c. Children with Special Needs
 - d. Education Guidance
 - e. Parenting
 - f. Pet Care
 - g. Prenatal Care
 - h. Senior Care
9. Pastoral Support Network
10. Wellness Webcasts

Ways to get access

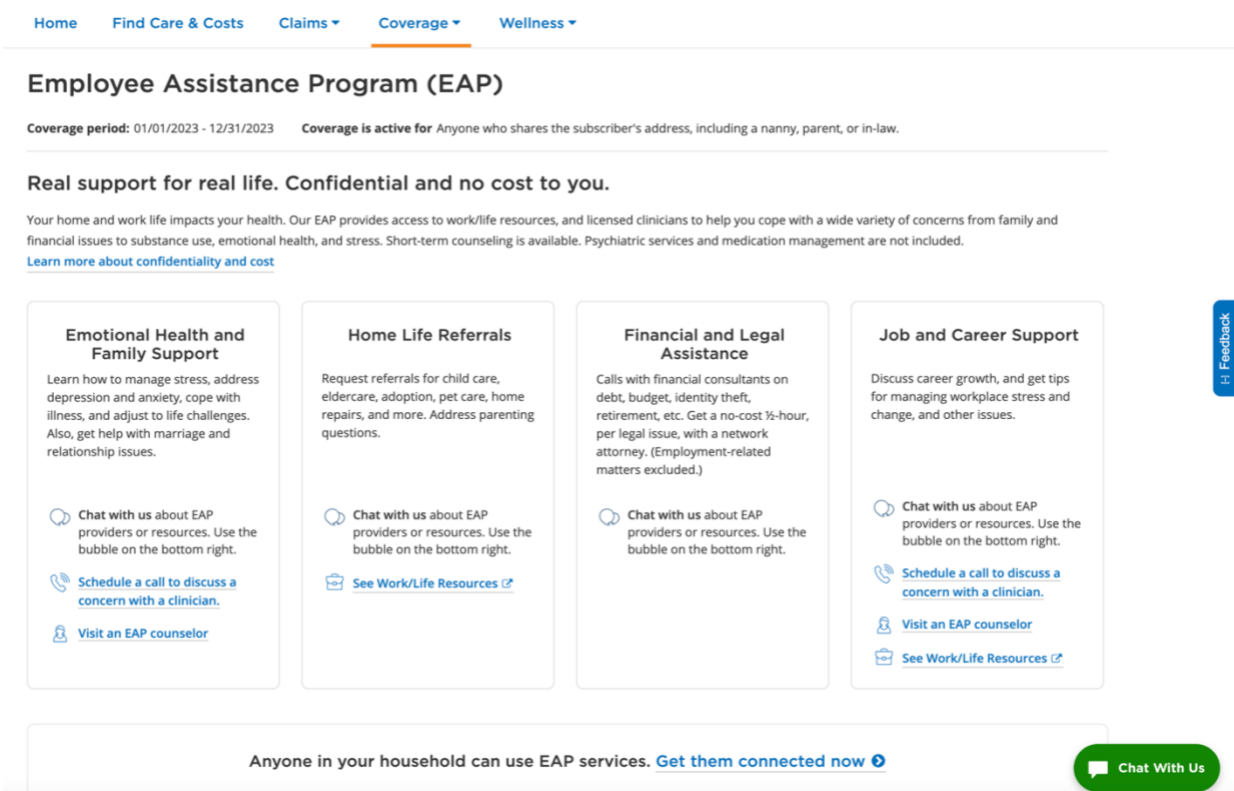
1. **By Phone:** Call (866) 395-7794, 24 hours a day, 7 days a week. You will need your Cigna Health Insurance Card.
2. **Online:** Visit mycigna.com and register for an online account if you do not already have one.
 - a. If you are the subscriber you will need your Cigna ID number OR Medicare number OR your social security number.
 - b. If you are a dependent, you will need the subscriber's home Zip Code, AND EITHER the subscriber's SSN OR your own Cigna ID number.
3. Log in to mycigna.com with your username and password

4. Hover over “Coverage” at the top of the screen.



5. Select “Employee Assistance Program” from the drop-down menu.

6. Click on different areas (see screen below) or use the green chat button at the bottom of the screen to get additional help, referrals, recommendations, etc.



Other helpful notes:

You can also use the “Talk to a Doctor” feature to begin online appointments quickly in an urgent care situation, or to schedule a routine consultation for medical, dental, or behavioral health.

Health Advocate is another great resource that can help with locating resources, dealing with complex medical billing issues, and more.

You can find all of this on CPG’s website. I created a short link to the EAP information on their site. Enter it in or scan the QR code and it will take you straight to CPG’s info.



<https://bit.ly/GeorgiaEAP>