

YOUR WELLNESS COMPANION SERVICES

As part of our optional International Health and Wellbeing module, you will have access to our wellness companion services, comprising of the Life Management Assistance Programme and the Telephonic Wellness Coaching*.

EMOTIONAL SUPPORT

- › **Short-term counselling** that can be conducted via telephone, video, or face to face.
- › Common examples: managing anxiety and depression, couples' and family relationship support, bereavement, and more.
- › You will have access to 6 sessions per topic, with **unlimited amount of topics** per period of cover.



You will be **matched with a counsellor or coach** who best meets your particular needs.

PHYSICAL SUPPORT

- › We can help you reach your **nutrition, fitness, sleep, and weight management goals** via our Telephonic Wellness Coaching.
- › You will be matched to your own wellness coach to **identify goals that are important to you**, build an action plan and receive ongoing support for **lasting changes**.



Our CBT programme can help those experiencing mild-to-moderate **anxiety, stress or depression**.

BEHAVIOURAL HEALTH

Online Cognitive Behavioural Therapy (CBT) programme

- › Self-help programme to **build resilience** and improve wellbeing.
- › 7 online sessions, with the **option of email or telephone support** from a counsellor to track your progress.
- › Unlimited access for 6 months.

Mindfulness Coaching

- › Access 6 telephonic coaching sessions with an **MBSR-trained health and wellness professional** if you are experiencing stress, and challenges with focus and concentration.
- › You will receive **personalised support**, as well as online resources for self-guided practice.

PRACTICAL NEEDS

- › Live assistance is always available to provide **immediate support** and a tangible action plan and next steps.
- › We can provide **pre-qualified referrals** to support your work-life balance challenges, including relocation logistics, child or eldercare, legal or financial services.



Support is available **24/7**, with **multiple language** options.

CAREER SUPPORT

Manager Assist

- › Consultative service for managers looking to develop their **people management skills**.

Life coaching

- › Matching employees to a professional coach to support their **personal and professional goals**.



We can help with **career development** and performance improvement.

Get in touch with our sales team today to find out more:



Inside the USA: 877 539 6295

Outside the USA: +44 (0) 1475 492 119



cignaglobal_sales.team@cigna.com

Together, all the way.SM



*The Life Management Assistance Programme and Telephonic Wellness Coaching is provided by our chosen provider. Cigna accepts no liability for damage or loss, howsoever caused in connection with the use of or reliance on any information, material, decision and/ or outcomes made by or provided by the Coaching Provider in relation to the service.

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