



Taking care of your mental health is important.

As a team member you have access to a valuable resource: **Cigna's Employee Assistance Program (EAP)**. This benefit is available at no cost to you!

Amid the growing concerns around the COVID-19 pandemic, for the next 6 months (*through September 2020*), Cigna has doubled the number of visits/phone consultations available to you and your family. Each person in your household is allowed 10 visits/phone consultations per issue at no cost.

EAP personal advocates will work with you and the members of your immediate household to help resolve issues you may be facing, connect with the right mental health professionals, and direct you to a variety of helpful resources in your community and more.



“People can be there for you, even if they’re not there with you.”

*-Dr. Nirav Shah, Director
Maine CDC*

Access Cigna's Employee Assistance Program,
24 hours per day, 7 days a week:

For Cianbro and Starcon team members: 888.371.1125

For A/Z team members: 888.327.9573

For team members without Cigna health benefits: 866.912.1687

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