Planning financially for the future is a priority for most people. But it can also be stressful when you find yourself faced with issues that you have neither the expertise nor the resources to solve. Luckily, you have both at no cost to you through your Cigna Employee Assistance Program (EAP) offered by your employer.

You can get a referral to a qualified specialist for a free 30-minute in-depth financial needs analysis over the phone. Most issues can be resolved within the initial call, but additional telephone support is available, if needed. In addition, when you take advantage of this service, you’ll also receive 25% off tax planning and preparation services through participating tax professionals.

Speak to a specialist who can offer helpful tips on a wide range of topics, including:

- Debt counseling
- Credit management
- How to reduce living expenses
- Budgeting techniques
- Reverse mortgages
- Cash flow analysis
- College funding
- How to order and read a credit report
- Restoring credit
- Correcting a credit report
- IRS problems
- How to negotiate a late car payment
- IRA rollovers
- How to negotiate a late utility bill
- Divorce planning

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

Call 1.877.622.4327
Or log in to myCigna.com.
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Social Security benefits
Retirement planning strategies
Financing a small business
Writing a business plan
Explaining stock options
Benefits of 401K investing
Pros and cons of Internet stock trading
Strategies for buying insurance (life, health, auto, homeowner’s)
Understanding annuities and bonds
Savings bonds concepts
Cars: buying vs. leasing
Certificates of deposit (CDs)
Understanding credit unions
Flexible Savings Accounts (FSAs)
How to establish credit
How to choose a financial planner
Home refinancing
Saving for financial emergencies
What to do if securities fraud filing is suspected
Student loan consolidation, default and payment options
Money market funds
Tax planning and preparation with 25% discount
Medicaid
Medicare
How to choose a mutual fund
How to negotiate a late mortgage payment
Explanation of poor credit history with credit bureaus
How to find a lower interest rate credit card
Strategies to help prevent automobile repossession
Strategies for buying homeowner’s insurance

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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