

# **Employee Life Assistance Program (LAP)**

**CIGNA's Life Assistance Program  
24-hour/365-day live telephonic access  
Call 1-800-538-3543**

**If necessary, you will be referred  
to a face-to-face counseling visit  
at a CIGNA provider in your area.**

**This LAP is a confidential counseling and  
referral service for employees and their  
immediate family members. The LAP can help  
with personal and emotional problems such as:**

- ❖ **Stress at home or work**
- ❖ **Relationships**
- ❖ **Depression**
- ❖ **Alcohol & drug problems**
- ❖ **Parenting issues**