Williams-Sonoma, Inc. CONNECT Employee Assistance Program (EAP) Toll-free number: 877.505.4161

Registration Guide for myCigna.com Employer ID: WSI

Your Employee Assistance Program with Cigna can help you manage work-life balance and offers a variety of other programs that can assist you with day-to-day tasks.

- These services are available to you, your dependents, and all of your household members.
- This benefit is provided by your employer at no cost to you, and services are confidential
- You do not need to enroll in benefits to have access to the benefit, support is available 24/7
- If you currently have Cigna medical and are already registered on myCigna.com, you do not need to register again to access the Connect Employee Assistance Program offered through Cigna. Select Coverage and Employee Assistance Program to see benefits and resources

If you are not currently registerd on myCigna, the following are navigation instructions and screenshots to assist you:

- 1) Go to www.myCigna.com and select the "Register" radio button for the initial registration.
- 2) Follow the steps to enter your First and Last Name, date of birth, and home zip code.
- 3) If you are enrolled in Cigna medical, go to step 4 below. If you are not enrolled in Cigna medical, go to step 5.

4) (If you are enrolled in Cigna medical and not registered on myCigna.com) What best describes you? I'm the Subscriber on a non-Medicare/Medicaid plan - The person who signed up for the plan either through your employer or on your own, through a health exchange. Or Or Dependent I'm a Dependent on a non-Medicare/Medicaid plan - A child, spouse or domestic partner covered under the subscriber's plan. I'm a Cigna Medicare Customer I'm a Medicaid Customer I want to register for the Employee Assistance Program ONLY

Select an option on confirming your identity

How would you like to confirm your identity?
Use my Social Security number
Use my Cigna ID number Your Cigna ID number is located on the front of your ID card. (Ex: U123456789)

Create your unique security questions, Username and Password, Email address and select Create Account

5) Applies if you are not enrolled in Cigna medical



Select "I want to register for the Employee Assistance Program ONLY

Confirm Your Identity

To give you access to EAP benefits, we need a little information from you.



Employer Name or ID: WSI

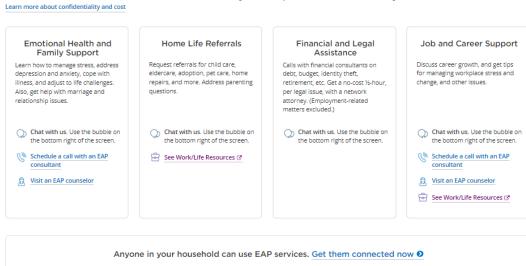
Your Relationship to the Employee: Select an option

Create your unique security questions, Username and Password, Email address and select Create Account

After you successfully register, select "Coverage" to view EAP benefits, resources and tools.

Real support for real life. Confidential and no cost to you.

Your home and work life impacts your health. Our EAP provides access to work/life resources, and licensed clinicians to help you cope with a wide variety of concerns from family and financial issues to substance use, emotional health, and stress. Short-term counseling is available. Psychiatric services and medication management are not included.



Behavioral Health Resources

▼ Manage your stress level, find disaster resources, explore wellness webcasts, learn about self-care, and much more.

 $\underline{\textbf{All About Autism $ @ $}} \textbf{ -} \textbf{ No-cost seminars on caring for a child with autism, and guidance on handling challenges.}$

EAP National Wellness Seminars 💇 - Explore a wide variety of topics by attending national wellness webinars. View seminar calendar [PDF]

Coping with Substance Use Disorder ♂ - No-cost seminars on substance use and recovery.