

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 registered 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)

The screenshot shows a registration form with the question "What best describes you?". There are five radio button options. A blue callout box on the right says "Select Subscriber Or Dependent" with an arrow pointing to the first option.

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.
- 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 Subscriber Or Dependent

Select an option on confirming your identity

The screenshot shows a form with the question "How would you like to confirm your identity?". There are two radio button options.

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

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.

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

Next

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

Employee

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.
[Learn more about confidentiality and cost](#)

<p>Emotional Health and Family Support</p> <p>Learn how to manage stress, address depression and anxiety, cope with illness, and adjust to life challenges. Also, get help with marriage and relationship issues.</p> <p> Chat with us. Use the bubble on the bottom right of the screen.</p> <p> Schedule a call with an EAP consultant</p> <p> Visit an EAP counselor</p>	<p>Home Life Referrals</p> <p>Request referrals for child care, eldercare, adoption, pet care, home repairs, and more. Address parenting questions.</p> <p> Chat with us. Use the bubble on the bottom right of the screen.</p> <p> See Work/Life Resources</p>	<p>Financial and Legal Assistance</p> <p>Calls with financial consultants on debt, budget, identity theft, retirement, etc. Get a no-cost 15-hour, per legal issue, with a network attorney. (Employment-related matters excluded.)</p> <p> Chat with us. Use the bubble on the bottom right of the screen.</p>	<p>Job and Career Support</p> <p>Discuss career growth, and get tips for managing workplace stress and change, and other issues.</p> <p> Chat with us. Use the bubble on the bottom right of the screen.</p> <p> Schedule a call with an EAP consultant</p> <p> Visit an EAP counselor</p> <p> See Work/Life Resources</p>
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Anyone in your household can use EAP services. [Get them connected now](#)

Behavioral Health Resources

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

[All About Autism](#) - 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.