

January 6, 2:43 pm

# problem

January 6, 2:58 pm

# solved

**Already blew the New Year's resolution. One phone call made the difference.**



Linda was doing great with her fitness goals, but she fell off track. Realizing she needed more help, she called her Employee Assistance Program (EAP). Within minutes, she:

- Discussed her concerns with an EAP consultant and made an action plan to get back on track
- Learned the Healthy Rewards<sup>®\*</sup> program offered fitness membership discounts
- Received information on ways to simplify her lifestyle and de-clutter her mind
- Learned tips for improving self-esteem and emotional well-being on [www.cignabehavioral.com](http://www.cignabehavioral.com)

**Call your confidential EAP any day, any time, for free assistance with information, resources or a referral to help resolve your concerns.**



Healthy Rewards<sup>®</sup> is a discount program. Some Healthy Rewards programs are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

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