

June 11, 9:32 am

# problem

June 11, 9:41 am

# solved

**Daughter skipped breakfast and dinner every day last week.**



**One phone call made the difference.**

After noticing a significant drop in her teenage daughter's weight, Mary called her Employee Assistance Program (EAP) for advice. Within minutes, she:

- Spoke with an EAP consultant about eating disorder warning signs
- Received contact information for providers in her area specializing in eating disorders
- Went online and discovered her health benefits included nutritionist consultation
- Researched [www.cignabehavioral.com](http://www.cignabehavioral.com) to learn more about how stress and depression can affect weight

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

**1.800.000.0000  
ABC Company**



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