

problem

Grew tired of sleeping too late.



solved

One phone call made the difference.

For the first time in her life, Sonia was disciplined at work for repeatedly arriving late. Feeling frustrated, she called her Employee Assistance Program (EAP). Within minutes, she:

- Spoke with an EAP consultant about healthy sleep habits and ways to get up and out of the door on time
- Scheduled a follow-up telephone call with the same EAP consultant to discuss effective ways to cope with stress
- Learned the Healthy Rewards^{®*} program offered discounts on products that could help her learn to balance work and family life
- Went on to www.cignabehavioral.com to learn about communicating effectively with her boss

**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**



Healthy Rewards[®] 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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