

Broward Community College Employee Assistance Program



CIGNA Behavioral Health

1.888-371-1125 and www.cignabehavioral.com

EAP Services	Work/Life Services						
	Family Care			Personal Services	Mind and Body	Career and Benefits	ResourceNet
<ul style="list-style-type: none"> ▪ Barrier-Free telephonic access ▪ Telephonic triage for emergent, urgent or routine referrals ▪ Telephonic Consultation ▪ 1-3 Face to face sessions ▪ 24-hour crisis intervention ▪ 14-21 day follow-up care by CIGNA Behavioral Health staff after the referral is made ▪ Integrated behavioral and EAP network ▪ Community Resources 	<p>Child Care</p> <ul style="list-style-type: none"> ▪ Child care centers ▪ Family child care homes ▪ In home care ▪ Baby-sitting agencies and options ▪ Nanny agencies ▪ Au pair agencies ▪ Preschools/nursery schools ▪ Before and after school programs <p>Adoption</p> <ul style="list-style-type: none"> ▪ State adoption specialists ▪ Adoption support groups ▪ Private adoption ▪ National Adoption organizations <p>Education NEW!</p> <ul style="list-style-type: none"> ▪ Kindergarten programs ▪ Public Schools ▪ Undergraduate and Graduate Programs 	<p>Prenatal Care</p> <ul style="list-style-type: none"> ▪ Birthing Methods ▪ Nutrition, exercise, and diet ▪ Child Care Pre-planning ▪ Breastfeeding and formula feeding <p>Parenting</p> <ul style="list-style-type: none"> ▪ Child Development ▪ Sibling rivalry ▪ Separation anxiety ▪ Sleep and bedtime routines ▪ Toilet Training ▪ Child Safety ▪ Discipline ▪ Raising Adolescents <p>Summer Care</p> <ul style="list-style-type: none"> ▪ Residential camps ▪ Day camps ▪ Traditional camp programs ▪ Specialized camp programs 	<p>Special Needs</p> <ul style="list-style-type: none"> ▪ Common childhood illnesses ▪ Multi-handicapped ▪ Developmental delays ▪ Mentally challenged/ill <p>Senior Care</p> <ul style="list-style-type: none"> ▪ Home health agencies ▪ Nursing homes ▪ Assisted Living Facilities ▪ Continuing care retirement communities ▪ Social & Recreational programs ▪ Long distance care-giving ▪ Backup Care ▪ Respite Care <p>Pet Care</p> <ul style="list-style-type: none"> ▪ Veterinarians ▪ Insurance ▪ Pet-sitting resources ▪ Obedience training ▪ Pet store and Pet supply catalogs 	<p>Legal</p> <ul style="list-style-type: none"> ▪ 30 minute free consultation ▪ 25% discount on usual fees ▪ Referrals to local providers ▪ Coverage for most legal issues including: <i>civil, personal/family, credit, elder law, business, real estate, IRS, and estate planning</i> <p>Financial Information</p> <ul style="list-style-type: none"> ▪ Spending Habits ▪ Budgeting Strategies ▪ Managing Credit ▪ Debt Management ▪ Debt Consolidation ▪ Financial Planning Information 	<p>Healthy Rewards</p> <ul style="list-style-type: none"> ▪ Access to telephonic and online information service ▪ Access to a discounted network of specialty health providers ▪ Access to discounts on products ▪ Free shipping on products ▪ Online access via ResourceNet ▪ Topics include: <i>Massage Therapy, Chiropractic Care, Vitamin and Herbal Supplements, Acupuncture, Vision Care, Lasik Eye Surgery, Hearing Care, Non Prescription Health</i> 	<p>Life @ Work</p> <ul style="list-style-type: none"> ▪ 24/7 Telephonic Access ▪ Information and Referral Services ▪ Consultation and education services ▪ Print and web-based resources available ▪ Discount information provided when available and applicable ▪ Topics include: <i>Working with others, Workplace conflict, Working overtime, Managing up, Balancing work and life</i> 	<p>FAQs</p> <p>Healthy Rewards Online</p> <p>AccessCare</p> <ul style="list-style-type: none"> ▪ Initial Registration ▪ Online Eligibility Check ▪ Provider Directory & Search Vehicle ▪ Online Self-Assessment Tool ▪ Self-Search Provider Locators NEW! ▪ Personal Assessments ▪ Assisted Search – Email NEW! ▪ Family & Caregiving NEW! ▪ Health & Well-Being NEW! ▪ Daily Living NEW! <p>WEB LOG-IN</p> <p>Employer ID – browardcommunity</p> <p>PIN - employee</p>