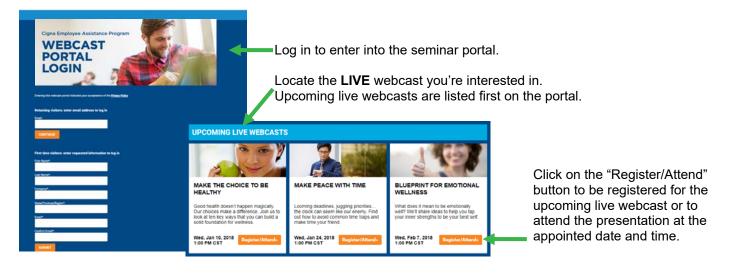
## EAP WELLNESS WEBCASTS ACCESS INSTRUCTIONS

## Cigna EAP Wellness Seminars and Management Trainings

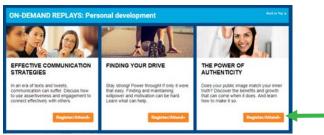
As part of your EAP benefit, Cigna presents wellness seminars and management trainings via national webcast. The live and on-demand replay webcasts include both visual and audio – no dial-in needed. You can access and view on a computer, laptop, smartphone, and some tablets.

Access live and on-demand webcasts at: www.Cigna.com/EAPWebcasts



To view an **ON-DEMAND** replay webcast, you can either scroll down and browse the on-demand section or click on a general topic to browse that specific section. Click the "Register/Attend button and the webcast will begin.







Presentation slides and handouts are available for download on the left side of the player.

Questions can be submitted prior to and during the live presentation.

★ A certificate of attendance is available. Viewers must click "yes" when prompted during the seminar and submit the post survey. The certificate PDF is sent via email once the webcast concludes.

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