

Life can be hard.

Contacting Life365 is easy.

Life365 is a confidential support program available through Cigna's Employee Assistance Program at no cost to you. Use it to get support for whatever you're facing.



When you need a hand, we're here to support you.

Life challenges all of us every now and then. When you're not sure where to turn, you can call Life365. Not sure if we can help? Give us a try.



"I'm buying a house and I need help with the paperwork."



"My father's health has gone downhill fast. I need to find care for him."



"I'm making rent this month, but cutting it close. I need some budget help."



"My wife and I just got divorced and my kids are upset."



"We just had our first baby and we're not getting along."

We're balance-finders, problem-solvers and trouble-shooters. (Just like you.)

When you want to solve a problem, you look for guidance from someone who's been there before. Life365 is a network of experts that have the experience and connections to give you a hand with whatever you need — from credentialed financial professionals to estate planners, budgeters, care providers and more.

And we're always around. Call anytime.

Life365 is available 24/7. Call **877-622-4327** or visit us online at **myCigna.com** (Employee ID: BIW for initial registration only). If already registered on **myCigna.com**, simply log in and go to the EAP link under the Coverage Tab. TTY/TDD users call **877-486-2048** or **711**.

HERE'S HOW IT WORKS

Call **877-622-4327**. A personal advocate will answer and ask you a few brief questions about what's on your mind, then connect you to the person who can best meet your needs.

DON'T FEEL LIKE TALKING?

Browse hundreds of articles, assessments, webinars and videos online at **myCigna.com**.

Have questions? We have answers.



Who is Cigna?

Cigna partners with Bath Iron Works to provide the services of Life365 to our employees and their families.

How much does Life365 cost?

Nothing! As a Bath Iron Works employee, you and your household family members have free access to this service.

Can my husband/wife/child call?

Yes, Life365 is available to you and your household family members.

Is there a limit on how often I can call?

Each year, you and your household family members can take advantage of up to eight consultations for each specific life issue.

- **Financial Services:** One free 30-minute financial counseling sessions per year by phone per topic and 25% off tax preparation.
- **Identity Theft:** One free 60-minute expert consultation per year by phone for prevention or if you are victimized.
- **Legal Consulting:** One free 30-minute consultation per year with a network attorney and 25% off select fees.*

Many issues can be addressed by Life365, but if you would like to continue to work with a counselor, we can help you find a resource within your health plan.



**FIND LIFE365 ON
THE BENEFITS TAB.**

*Life365 legal consultations may not relate to any dispute involving General Dynamics Corporation or any of its divisions, operating or business units, affiliates, employees, agents or directors, or any dispute against Life365 or any other employee benefit plan, or any employment-related matter.