



## CIGNA PROVIDES A SUPPORT LINE AND MINDFULNESS SESSIONS FOR VETERANS AND THEIR FAMILIES

### About Cigna's Veteran Support Line

The Veteran Support Line provides a wide range of assistance for veterans, as well as their caregivers and families. **The Support Line is free and available 24/7/365 at 855.244.6211.**

- › It is completely anonymous. Cigna does not ask for verification of military status and does not ask for any personal identification.
- › It's staffed by behavioral health specialists, some of whom are veterans themselves and understand the unique experiences both veterans and their caregivers often face.
- › There is a team that will help veterans find resources and services including pain management, substance use counseling and treatment, financial support, food, clothing, housing, transportation, parenting and child care, legal assistance and more.
- › If someone who is in crisis calls, they will be immediately routed to a member of our team trained to handle crisis situations.

### About Cigna's Mindfulness Programs

Cigna offers mindfulness sessions to provide training in mindful stress management, acceptance and compassion.

**The telephonic program is available every week at 844.621.3956** (passcode 965 38 022):

Tuesdays 4:00 PM CT and Thursday 7:30 PM CT

- › Many veterans suffer from chronic pain due to injuries, post-traumatic stress disorder or opioid dependency at a higher rate than the general population.
- › Mindfulness is an evidence-based therapy proven to have a positive impact on depression, stress, anxiety, performance, sleep, addiction and post-traumatic stress disorder.<sup>1,2</sup>
- › The program lasts for 30 minutes.
- › All veterans, their caregivers and families, whether they are Cigna members or not, are invited to participate in our Mindfulness sessions.



1. American Psychological Association. "Mindfulness meditation: A research-proven way to reduce stress." <https://www.apa.org/topics/mindfulness/meditation>. Accessed Dec 2021

2. Verywell mind. "How to practice being mindful." <https://www.verywellmind.com/using-mindfulness-for-ptsd-2797588>. Accessed Dec 2021