

# CIGNA PROVIDES NATIONAL SUPPORT LINE AND MINDFULNESS SESSIONS FOR VETERANS AND THEIR FAMILIES/CAREGIVERS

As a leader in the U.S. health care system, and a proud employer of veterans, Cigna is committed to helping veterans. To show our appreciation for veterans' sacrifices, Cigna established the Veteran Support Line and Mindfulness Program.



## 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, whether they are Cigna customers or not. **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 or relationship to a veteran and does not ask for any personal identification.
- It's staffed by licensed Cigna behavioral health specialists, some of whom are veterans themselves and understand the unique and often difficult experiences both veterans and their caregivers often face.
- There is a dedicated triage team that will help veterans find the right resources and services including pain management, substance use counseling and treatment, financial issues, food, clothing, housing, safety, transportation, parenting and child care, aging services, health insurance, legal assistance and more.
- If someone who is in a crisis calls, they will be immediately routed to a member of our crisis team trained to handle these specific situations.

## About Cigna's Mindfulness Programs

Cigna launched its Mindfulness for Vets program, specifically designed for all veterans, whether they are customers or not, to provide training in mindful stress management, acceptance and compassion. **The telephonic program is available every Tuesday at 5 PM ET at 866.205.5379 (passcode 113 29 178).**

- Many veterans suffer from chronic pain due to injuries, post-traumatic stress disorder, opioid dependency and other causes of stress 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</sup>
- The program is facilitated by a Cigna specialist and typically lasts for 45-60 minutes with time at the end for veteran participants to ask questions and share experiences.
- All veterans, their caregivers and families, whether they are customers or not, are invited to participate in Cigna's other Mindfulness sessions. **These take place every Thursday 8:30 to 9:00 PM ET at 866.205.5379 (passcode 113 01 992).**

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5679245/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5747539/>  
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