

# ADDITIONAL MENTAL WELL-BEING RESOURCES AVAILABLE TO MEDICALLY-ENROLLED ASSOCIATES



**iPrevail** is a digital therapeutics platform, designed by experienced clinicians to help you take control of everyday life and challenges associated with difficult transitions:

- Overcome feelings of anxiety, loneliness and stress
- Reduce negativity and feelings of depression
- Build resilience and positivity

Visit: [https://mycigna.com/Stress and Emotional Wellness](https://mycigna.com/Stress-and-Emotional-Wellness) page; click on the **iPrevail** link.



In addition to the COVID-specific resources available to all AEO Associates, medically-enrolled Associates can take advantage of the **happify™** app –science-based games and activities designed to help you:

- Defeat negative thoughts
- Gain confidence
- Reduce stress and anxiety
- Increase mindfulness and emotional well-being
- Boost health and performance

Visit: <https://cigna.happify.com/>



In-office quality with at-home privacy and convenience – get the care and attention you'd expect from an in-office visit, wherever and whenever is most convenient for you for a wide range of **Behavioral and Mental Health** conditions from a licensed counselor or psychiatrist via video or phone.

Visit: [myCigna.com](https://myCigna.com) or call MDLIVE directly at **888.726.3171**



The **Employee Assistance & Work/Life Support Program** can provide 1-5 sessions per issue, per year at no cost with a dedicated, licensed counselor to help you and your family members with things like:

- Emotional Health
- Home Life
- Financial and Legal Assistance

Call **877.622.4327** anytime or visit: [myCigna.com](https://myCigna.com) Employer ID: **aeo**



AEO  
**WELL-BEING**

If you have questions or need assistance, please contact the AEO Benefits Department at [Benefits@ae.com](mailto:Benefits@ae.com) or 724.779.5678 (internal x15678).