

well  
BEING

## Online Life Events Services



Simply follow these access instructions:

1. Go to [www.cignabehavioral.com](http://www.cignabehavioral.com)
2. Click on the "well BALANCED/are you a MEMBER?" box
3. Enter your employer ID and PIN in lowercase without any spaces. Your Employer ID is **mhmra** PIN is **employee**

Through CBH's website, your organization's participants will be able to access many of the same convenient, practical, and confidential tools and information available telephonically. Our interactive site empowers participants with tools to support their varied needs and interests. The following links can be found on the CBH participant's pathway:

- **Take a Self-Assessment**
- **Browse Behavioral Articles/Information** - 20,000 articles on various behavioral health topics
- **Go to Online Coaching & Health Management** - Create your own personal login account to get Self-help on topics such as:
  - *Mental Health*
  - *Personal Development*
  - *Management & Workplace*
  - *Health & Behavior*
  - *Parenting & Childcare*
  - *Aging & Eldercare*Utilize the Self-Assessment Tools, Articles, and Personal Plans, and take advantage of our Coached Series Program

- **Find Work/Life Resources**
  - *Family & Caregiving*
  - *Health & Wellness*
  - *Daily Living*
  - *Working Smarter*
  - *Relocation Center*
  - *Savings Center*

With the "Assisted Search via Email" option, participants can easily complete our online forms 24 hours a day, seven days a week to search for: vacancies in child care providers, senior care providers, educational providers, to name a few.

To ensure an ideal fit, we ask for contact information and search parameters. For example, if a person is searching for a child care provider, we'll ask questions about the number of children, their ages, hours that care is needed, desired price range, desired start date, and any other specifics that are needed to make the best match. Participants submit their request, and we will find up to three referrals within 12 business hours of receiving the completed request form. We respond to emergency referrals within six business hours.

- **Look Up Your Benefits**
- **My Reminders**- Participants can set up email reminders for prescription refills, therapy appointments, etc. The goal of this tool is to help participants manage their path to wellness.
- **Frequently Asked Questions**
- **Visit Our Education and Resource Center** - discounts on holistic services and products (Healthy Rewards); health information & programs, and forms
- **Find a Provider**
- **Contact Us**



**CIGNA Behavioral Health**

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