

HOW TO ACCESS THE EMPLOYEE ASSISTANCE PROGRAMME



GLOBAL FREEPHONE LIST

If you are calling from a location not listed, or if you are experiencing difficulty with a freephone number, you may place a reverse-charge call*. Access your local operator and request to place a reverse-charge call to **+44 208 987 6230**.

Alternatively, you may dial **+44 208 987 6230** direct and request for a call back. (Initial call charges will apply)

E-MAIL:
support@resourcesforyourlife.com

*Note that calls from a mobile phone will not be connected. Use the email option above and we will call you back.



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Please refer to your member materials for further information, including details of the insurance entity providing cover, the list of benefits, exclusions and limitations. Cigna Global Health Benefits' web-based tools, such as Cigna Envoy, are available for informational purposes only. These tools are not intended to be a substitute for proper medical care provided by a physician.

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IF YOU ARE CALLING FROM:	DIAL THIS NUMBER:
Argentina	0800 666 0749
Australia	1 800 023 289
Austria	0800 802 007
Bahamas	1800 389 0475
Bahrain	800 19 808
Belgium	0800 819 05
Bermuda	1 877 353 0635
Brazil	0800 892 3919
Canada	877 847 4525
Chile	1230 020 1254
China	400 920 3300
Colombia	01800 913 3823
Costa Rica	0800 044 0122
Czech Republic	800 488 404
Denmark	808 20 036
Egypt	0800 000 0083
Estonia	800 0100 432
Finland	0800 915 905
France	0800 914 821
Germany	0800 180 2587
Greece	00 800 1809 204 5550
Guam	1 877 301 4773
Hong Kong	800 906 115
Hungary	06 800 20766
Iceland	800 9698
India	00800 100 9445
Ireland	1800 490 390
Israel	1 809 494 155
Italy	800 783 713
Japan	0800 100 0074
Jordan	0800 229 88
Kazakhstan	8 800 333 2647
Korea, Republic of	00 308 13 1768

IF YOU ARE CALLING FROM:	DIAL THIS NUMBER:
KSA	800 844 3261
Kuwait	+44 12 8722 1871
Lebanon	01426801 and then dial 833 318 0670
Lithuania	8 800 30455
Luxembourg	800 8 0925
Malaysia	1 800 816 193
Mexico	800 099 0434
Netherlands	0800 450 0021
New Zealand	0800 452 908
Norway	800 10 233
Oman	+44 12 8722 1871
Peru	0800 556 53
Philippines	1 800 1 116 0905
Poland	0 0 800 111 3815
Portugal	800 180 031
Puerto Rico	1 877 847 4515
Romania	0 800 895 946
Russian Federation	8 800 100 6293
Saudi Arabia	800 844 3261
Singapore	800 130 1950
Slovakia (Slovak Republic)	0 800 606 256
South Africa	0 800 991 666
Spain	900 838 439
Sweden	020 889 233
Switzerland	0800 557 747
Taiwan	00801 14 8766
Thailand	001 800 852 8403
United Arab Emirates	800 0357 04 696
United Kingdom	0800 243 458
USA	1 888 851 7032
Uruguay	000 405 4492
Virgin Islands (U.S.)	1 888 851 7032