

EAP WELLNESS WEBCASTS ACCESS INSTRUCTIONS

Cigna EAP Wellness Seminars and Management Trainings

As part of your EAP benefit, Cigna presents wellness seminars and management trainings via national webcast. The live and on-demand replay webcasts include both visual and audio – no dial-in needed. You can access and view on a computer, laptop, smartphone, and some tablets.

Access live and on-demand webcasts at: www.Cigna.com/EAPWebcasts

Log in to enter into the seminar portal.

Locate the **LIVE** webcast you're interested in. Upcoming live webcasts are listed first on the portal.

Click on the "Register/Attend" button to be registered for the upcoming live webcast or to attend the presentation at the appointed date and time.

To view an **ON-DEMAND** replay webcast, you can either scroll down and browse the on-demand section or click on a general topic to browse that specific section. Click the "Register/Attend" button and the webcast will begin.

ON-DEMAND REPLAYS

- Emotional well-being
- Family matters
- Financial health
- Health & wellness
- Management trainings
- Personal development
- Stress management
- Workplace topics
- Español

ON-DEMAND REPLAYS: Personal development

- EFFECTIVE COMMUNICATION STRATEGIES**
In an era of texts and tweets, communication can suffer. Discuss how to use assertiveness and engagement to connect effectively with others.
- FINDING YOUR DRIVE**
Stay strong! Power through it if only it were that easy. Finding and maintaining willpower and motivation can be hard. Learn what can help.
- THE POWER OF AUTHENTICITY**
Does your public image match your inner truth? Discover the benefits and growth that can come when it does. And learn how to make it so.

Materials for download

- Presentations
- Handouts

Ask a Question

Presented by Cigna Employee Assistance Program

Together, all the way.™

Presentation slides and handouts are available for download on the left side of the player.

Questions can be submitted prior to and during the live presentation.

★ A certificate of attendance is available. Viewers must click "yes" when prompted during the seminar and submit the post survey. The certificate PDF is sent via email once the webcast concludes.

If you have difficulties receiving your webinar certificate, please reach out to HR Link at hrlink@borgwarner.com or 844.429.5465.

★ **All steps must be completed to get your certificate***

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