

# EAP WELLNESS WEBCASTS ACCESS INSTRUCTIONS

## EAP Wellness Seminars and Management Trainings

Your EAP 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](http://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**

**FINDING YOUR DRIVE**

**THE POWER OF AUTHENTICITY**

Materials for download

- Presentations
- Handouts
- Ask a Question

Certificate of attendance

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.