

# GOING THROUGH A TOUGH TIME?

Cigna has resources that can help.

Cigna has made access to a website that can locate programs and services, like free or low-cost housing, food, education, transportation and more, available to anyone in a given community. Here's how it works.

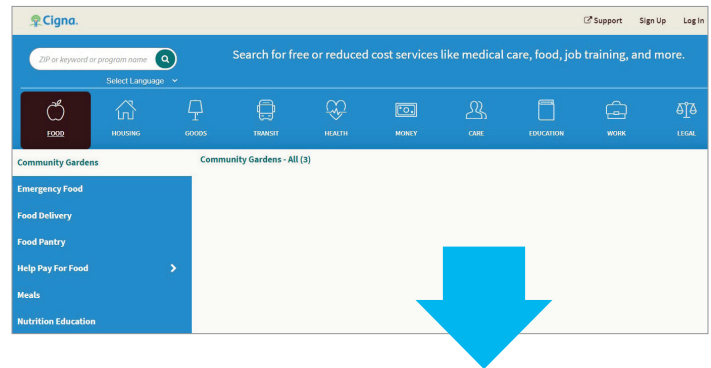
**Step 1** Visit [cignacommunity.findhelp.com](https://cignacommunity.findhelp.com)\* and enter a zip code

Search for **free or reduced cost** services like medical care, food, job training, and more.

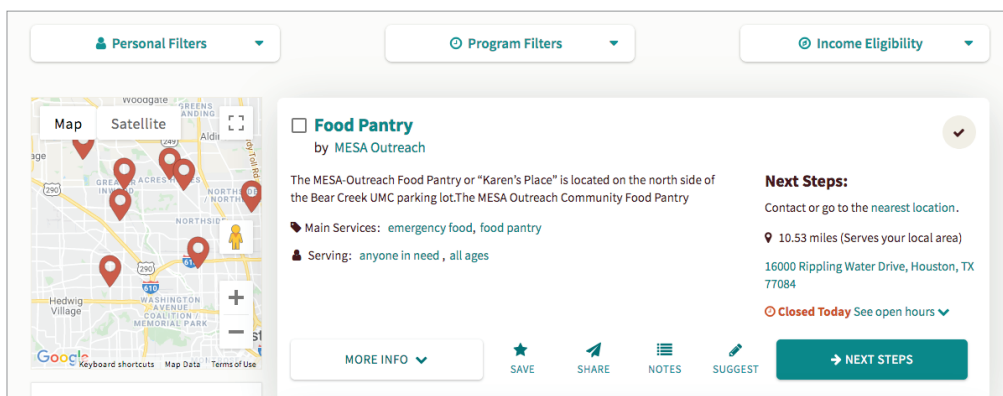
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**Step 2** Search by keyword or by category. For example, to find emergency food, food pantries or meals, click the "Food" icon



**Step 3** Find local organizations to support your specific needs. The site provides you with addresses, maps, overviews of services, hours of operation, mission, and more. Just click on an organization's name!



Think of us as the extended family you never knew you had. We make it easy to find resources that can help anyone live better, body and mind.

Want a brief demonstration? [Click](#) or scan this QR code to view a short video.



<https://youtu.be/-g-JzF0jUE>

Together, all the way.®



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