



YOUR TOTAL WELLNESS PLAYBOOK



Endurance. Fortitude. Strength.



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INTRODUCTION

As with any good playbook, you need to establish some ground rules. NFL Total Wellness is committed to the following.

RULE #1

The information you share and the services you receive are completely confidential

RULE #2

Support is available 24/7/365

RULE #3

Our top priority is your safety and privacy

Program Availability Key:



Active
Players



Continuing
Veterans



Legends



Covered
Dependents



Household



INTRODUCTION

It's Time to Talk Openly about Mental Health

In 2012, the NFL teamed up with Cigna to establish the NFL Total Wellness Initiative. The Initiative is led by NFL executives Troy Vincent and Robert Gulliver. Serving as the NFL mental health advisor is Dr. David Satcher, former Surgeon General of the United States.

Our focus on physical, personal, financial and emotional wellness has always been a top priority. The NFL Total Wellness Initiative supports the holistic needs of the players and their families. NFL Total Wellness provides the support you need when you need it, with resources and strategies to empower you for the game of life.


Sports and medical professionals agree - taking care of your mental health is just as important as your physical health. Optimal performance requires a strong body and mind.

Use Your Benefits



If you're covered on the **NFL Player Insurance Plan**, you and your covered eligible dependents/spouse have access to inpatient care and outpatient office visits, and facilities for mental and behavioral health, as well as substance abuse treatment.

Anytime you or a family member needs support, be sure to take advantage of these services that are already available to you through your existing benefits.¹

For more information, call the number on the back of your ID card:  **800-635-9671**
To find in-network care near you, log in to myCigna.com.

Important to remember: Your benefits are administered by Cigna®, and Total Wellness support is part of your plan. The NFL and individual clubs are never aware of who uses this service.

1. For a complete description of your available options, you should refer to the applicable Summary Plan Description ("SPD") and Plan Document. In the event of any inconsistencies between these documents, the Plan Document governs. Additionally, these benefits are in the current Collective Bargaining Agreement ("CBA") and are subject to change with the next CBA.



TEAM ROSTER

«

The Total Wellness Initiative offers the assistance and support you need from a dedicated staff of professionals. Keep these resources handy, and use them with confidence.

»





TEAM ROSTER

Your Work/Life Resources (EAP)



When you call your Cigna representative, you will speak to a professionally trained EAP (Employee Assistance Program) advocate that is specifically dedicated to the NFL. Your personal advocate is ready to provide you with a safe environment for your call, listen to your needs and concerns, and put a plan in place for you.

Confidential support is available for a wide range of issues - everything from personal and family relationships to substance abuse. There are many options for how you can receive this support, at no additional cost to you.

- **Option 1:** Face-to-face counseling - Receive up to eight sessions per issue, per year¹
 **Make the call: 866-421-8628**
Go online to myCigna.com and log in using the employer ID: nflplayer¹
- **Option 2:** Speak with a counselor by phone - More convenient than an office visit
 **Make the call: 866-421-8628**
- **Option 3:** Find an EAP counselor - Search for a mental health or substance abuse counselor near you
Log in to myCigna.com > Find providers

Depending on your personal situation, your dedicated advocate will assess if there are any other helpful resources that you may benefit from.

1. If you are covered under the NFL Player Insurance Plan, these sessions are in addition to the eight visits covered at 100% under the Medical Plan. For a complete description of your available options, you should refer to the applicable Summary Plan Description ("SPD") and Plan Document. In the event of any inconsistencies between these documents, the Plan Document governs. Additionally, these benefits are in the current Collective Bargaining Agreement ("CBA") and are subject to change with the next CBA. The Employer ID is only required for household members who are not enrolled in the NFL Player Insurance Plan who would like to access the benefit.



SUPPORT PROGRAMS

« The Total Wellness Initiative offers a wide range of health and wellness programs in collaboration with Cigna. Review your options so you know who to call when you need support. »



SUPPORT PROGRAMS

Your NFL EAP Advocate Team



Professionally trained advocates can direct you to resources if you don't know where to turn. Depending on your personal situation, an advocate can coordinate referrals to specialists to assist with:

- Legal, financial or family care needs¹
- Complex personal issues such as troublesome relationships
- Grief and loss of a loved one
- Mental or emotional issues

Available 24/7/365 in all time zones.

 **Make the call: 866-421-8628**

Personal Health Coaching



If you or a household family member is living with a chronic condition, it can be debilitating to your quality of life. Connect with a personal health coach who can offer support and guidance for conditions such as:

- Type 1 and Type 2 diabetes
- Anxiety, depression or bipolar disorder
- Cardiovascular disease
- COPD
- Asthma
- Low back pain, joint pain and more

The call is free. You'll get support from a personal health coach qualified to assist you in making educated decisions about your treatment options, and to put a personal health improvement plan in place.

 **Make the call: 800-635-9671** (prompts 1 and 7)

Or log in to [myCigna.com](https://mycigna.com) > **My Health** > **Personal Health Team**

1. Legal consultations related to employment matters are not available under this program.




SUPPORT PROGRAMS

Behavioral Telehealth



If you are covered under the NFL Player Insurance Plan and you need support with anxiety, stress, depression or other mental or behavioral health issues, assistance is just a click away. With the **Cigna Behavioral Health Network**, you can video chat with a licensed provider at a time and place that is convenient and comfortable for you.¹

To schedule an appointment, go to myCigna.com and search for a video telehealth specialist, or  **Make the call: 800-635-9671** (prompts 1 and 8)

Community Support Service



If a family member in your household is having a hard time fulfilling their basic life needs, support is available for assistance with:

- Finding an affordable place to live
- Affording groceries
- Paying monthly bills
- Finding transportation to and from medical appointments

The Community Support staff will listen and learn about the areas that a household member needs assistance with, and will begin to prioritize and research any available resources to meet the highest priority needs first.

If a household family member is having difficulty with basic life needs,  **Make the call: 866-421-8628**

1. Not all providers have video chat capabilities. Video chat is not available in all areas. See your plan materials for costs and complete details of coverage. Providers are solely responsible for any treatment provided. For a complete description of your available options, you should refer to the applicable Summary Plan Description ("SPD") and Plan Document. In the event of any inconsistencies between these documents, the Plan Document governs. Additionally, these benefits are in the current Collective Bargaining Agreement ("CBA") and are subject to change with the next CBA.

If you or a loved one is experiencing emotional distress and thoughts of harm or suicide, don't hesitate to seek support.

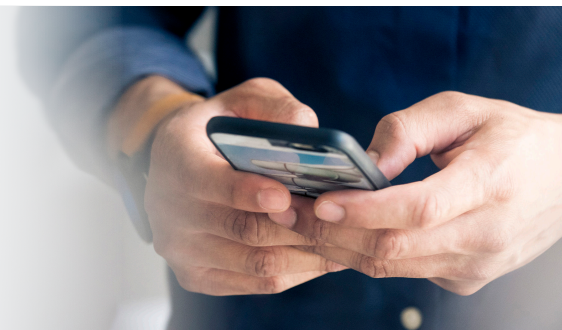
NFL Life Line is completely free and confidential, urgent support for you or a loved one.

- 24/7/365 consultation by phone or online
- Developed and manned by third-party independent mental health professionals
- Speak with a trained counselor who is there to listen and coordinate support

 **Make the call: 800-506-0078**

Chat online by visiting NFLlifeline.org

“Sometimes you need help dealing with things off the field. There’s someone you can talk to confidentially, 24/7. Make the call.”





OUTSIDE RESOURCES

Your health and safety is our top priority. When you or someone you love is in crisis and you're still hesitant to contact a Total Wellness resource, there is support and hope.



OUTSIDE RESOURCES

Suicide Awareness and Prevention



DON'T HESITATE. MAKE THE CALL:

National Suicide Prevention Lifeline:  800-273-TALK (800-273-8255)

24/7 free and confidential support for all

Know the facts. Recognize the signs.

- Suicide is a leading cause of death in the United States¹
- 121 Americans die by suicide each day, and most are men¹
- Men die by suicide almost **four times** more often than women²
- Men's suicide rate is **highest in middle age**²

While depression is a leading risk factor for suicide,³ 54% of people who died by suicide did not have a known mental health condition.¹ Other causes may include:

- Relationship problems
- Substance misuse
- A recent crisis
- Job, financial or legal stress

To learn more about recognizing risks, and steps you can take to help prevent suicide, visit suicidepreventionlifeline.org or cdc.gov/vitalsigns/suicide.

Other resources: suicideispreventable.org or afsp.org/find-support/

1. Centers for Disease Control and Prevention, (CDC). "Suicide rising across the US." Last updated: June 11, 2018.

2. NBCnews.com. Web. May 20, 2017. "It's not just Chris Cornell: Suicide rates highest among middle-aged men."

3. Today.com. Web. November 3, 2016. "Anthony Bourdain's suicide puts spotlight on men's mental health." Last updated: June 8, 2018.

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