

Going through a tough time?

Cigna Healthcare has resources to help.

Cigna Healthcare™ has made it easy for anyone to access local programs and resources within their community, like free or low-cost housing, food, education, transportation services, and more.

1

Visit cignacommunity.findhelp.com* and enter a zip code.

Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost **help starts here:**

ZIP 06483

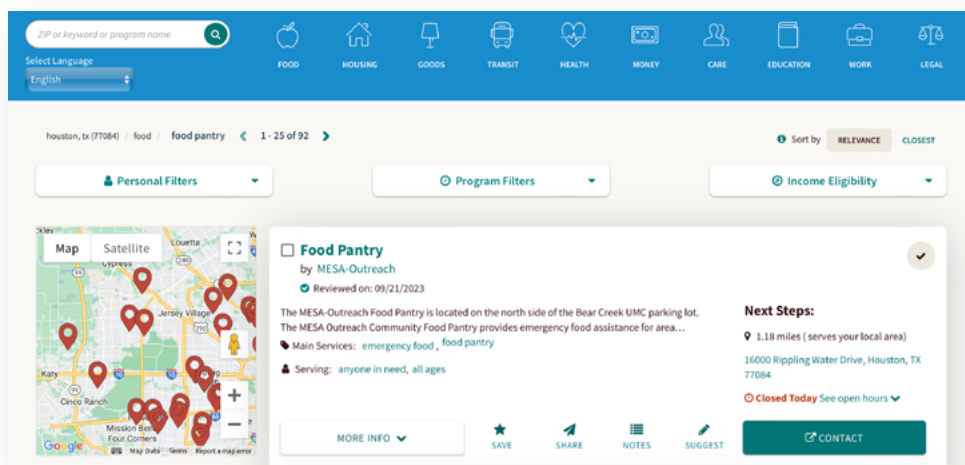
Search

2

Search by keyword or category. For example, to find emergency food, food pantries or meals, click the “Food” icon.

3

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



We make it easy to find resources that can help anyone live their best life and achieve optimal health and vitality.

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



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