

CARING FOR A CHILD WITH AUTISM?

We can help.



Sign up for free seminars on autism.

Caring for a child with autism can be a challenge. Each activity needs a unique set of skills and understanding.

We understand, and we're here to help – starting with education. Cigna hosts monthly seminars to help you learn more about autism. We offer expert information on common issues, coping techniques and caregiver support.

It's free. It's confidential. And it may be just what you need to make a difference.

Real information on real issues.

Each seminar focuses on a different topic. New seminars are featured every month. And each is presented by an industry expert.



**Autism affects
1 in 59 children.***



Learn more today.

Sign up for our Autism Awareness series at [Cigna.com/autism](https://www.cigna.com/autism). You can also listen to replays of past seminars at this site.

* Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report, April 2018.

Together, all the way.®



These seminars are for informational purposes only. They are not intended to replace the care or advice of your health care provider. You should always consult with your provider for appropriate care or treatment recommendations and advice.

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