

# You protect our families.

Let us protect yours.



Together, the New York Life Foundation and Cigna Foundation created the Brave of Heart Fund at E4E Relief to provide charitable support to families of healthcare workers who lose their lives in the fight against COVID-19. Cigna is also providing behavioral and emotional health support to healthcare workers and their families by phone or online. Hopefully, these resources bring peace of mind to the brave people and their families protecting us.

To learn more, visit [BraveofHeartFund.com](https://BraveofHeartFund.com).

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The New York Life Foundation and Cigna Foundation created the Brave of Heart Fund at E4E Relief to provide charitable and emotional support to eligible family members of frontline healthcare workers and healthcare volunteers who lose a loved one because of COVID-19.

#### **The Brave of Heart Fund is dedicated to supporting those you love**

The fund honors the efforts and sacrifices of healthcare workers during the pandemic by offering charitable financial assistance to eligible family members for common needs such as housing, food, transportation, education and medical care. Eligible healthcare workers include doctors, nurses, technicians, orderlies, cafeteria workers, custodians, volunteers, and others on the front lines.

#### **Cigna behavioral and emotional health support is available**

Cigna is committed to providing free emotional and behavioral health services to aid families' recovery. Healthcare workers, volunteers and their families can immediately access Cigna's behavioral and wellness services as they get on the path to physical and emotional wellbeing.

Live guided relaxation session by telephone is available Tuesdays, 5:00 PM EST.

Call-in number: [866.205.5379](tel:866.205.5379) passcode [113 29 178](tel:11329178).

#### **Grief and bereavement help**

New York Life will provide a variety of resources to help grieving families in this exceptional time.

**To learn more, visit [BraveofHeartFund.com](https://BraveofHeartFund.com).**

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E4E Relief, as a subsidiary of Foundation For The Carolinas, is an independent 501c3 public charity. No goods or services were provided by E4E Relief in return for the tax deductible portion of a contribution. We encourage consultation with a tax advisor regarding the amount and the deductibility of your contribution. E4E Relief provides charitable disaster and hardship relief to individuals around the world and is honored to help you achieve your philanthropic goals.

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