

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 [cignacomunity.findhelp.com*](https://cignacomunity.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

The screenshot shows a navigation bar with icons for FOOD, HOUSING, GOODS, TRANSIT, HEALTH, MONEY, CARE, EDUCATION, and WORK. Below this, there are two main sections: 'Community Gardens' and 'Community Gardens - All (3)'. Under 'Community Gardens', there are links for 'Emergency Food', 'Food Delivery', and 'Food Pantry'.

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!

The screenshot shows a search interface for 'food pantry' in 'houston, tx (77084)'. It includes filters for Personal Filters, Program Filters, and Income Eligibility. A map shows several food pantry locations in the area. A detailed card for 'Food Pantry' by 'MESA-Outreach' is shown, including a review from 09/21/2023, service details (emergency food, food pantry), and serving criteria (anyone in need, all ages). There are also 'Next Steps' and 'Contact' buttons.



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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¿Estás pasando por un momento difícil?

Cigna Healthcare tiene recursos para ayudarte.

Cigna Healthcare™ ha logrado que cualquier persona pueda acceder fácilmente a programas y recursos locales dentro de su comunidad, como vivienda, alimentos, educación, servicios de transporte gratuitos o de bajo costo, entre otras cosas.

1

Visita [cignacommunity.findhelp.com*](https://cignacommunity.findhelp.com) e ingresa un código postal.

Buscar **gratis o reducido costo** de servicios como la atención médica, alimentos, capacitación para el trabajo, y mucho más.

Código postal

The screenshot shows the homepage of the CignaCommunity.findhelp.com website. At the top, there's a navigation bar with icons for different categories: ALIMENTOS, VIVIENDA, BIENES Y PRODUCTOS, TRANSPORTE, SALUD, DINERO, ASISTENCIA Y CUIDADO, EDUCACIÓN, and TRABAJO. Below this, there are three main sections: 'Huertos comunitarios' (Community gardens), 'Alimentos en caso de emergencia' (Food in case of emergency), and 'Entrega de alimentos' (Food delivery). A sidebar on the left lists 'Despensa de alimentos' (Food pantry).

2

Busca por palabra clave o categoría. Por ejemplo, para buscar alimentos, despensas de alimentos o comidas de emergencia, haz clic en el ícono "Comida".

3

Encontrarás aquellas organizaciones locales que brindan asistencia para tus necesidades específicas. En el sitio encontrarás información como direcciones, mapas, ideas generales de servicios, horarios de atención y misión, entre otros datos. Tan solo debes hacer clic en el nombre de una organización.

The screenshot shows a search result for a food pantry. At the top, there are three dropdown menus: 'Filtros personales', 'Filtros de programas', and 'Elegibilidad por ingresos'. Below this is a map of Houston, Texas, with several red pins marking the locations of food pantries. One pin is highlighted, leading to a detailed card for 'Food Pantry by MESA Outreach'. The card includes information such as the address (16000 Rippin Water Drive, Houston, TX 77084), services offered (alimentos en caso de emergencia, despensa de alimentos), and target audience (cualesquier que lo necesita, todas las edades). There are also sections for 'Próximos pasos' (Next steps) and 'MÁS INFORMACIÓN' (More information). At the bottom right, there are buttons for 'SALVAR' (Save), 'CUOTA' (Quota), 'NOTAS' (Notes), 'SUGERIR' (Suggest), and 'VER SIGUIENTES PASOS' (View next steps).

Simplificamos la búsqueda de recursos que pueden ayudar a cualquier persona a tener la mejor calidad de vida posible y lograr una salud y vitalidad óptimas.

¿Quieres una breve demostración?
Haz clic o escanea este código QR para ver un breve video.



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