



NFL PLAYER BENEFITS END-OF-SEASON REMINDERS

As we enter the offseason, here are a few CBA Player Benefits reminders to keep in mind:

1 KEEP YOUR CONTACT INFORMATION AND BENEFICIARIES CURRENT WITH THE NFL PLAYER BENEFITS OFFICE.

To ensure that you receive important information regarding your CBA Benefits, including the 401(k) Savings Plan, you **MUST** keep your mailing address, phone number and email address current. Additionally, it is critical that you frequently review your beneficiaries on file for all benefits.

To view and update your contact and beneficiary information: Visit nflplayerbenefits.com or the [NFLPB mobile app](#).

2 KEEP YOUR INFORMATION UP TO DATE WITH THE NFL PLAYER INSURANCE PLAN.

If you are covered under the NFL Player Insurance Plan (the “Plan”), you should verify your information on file so that your dependents are properly covered, beneficiaries are correct and so you receive important notices.

To verify your Plan information: Visit www.mycigna.com or the [Cigna mobile app](#).

- Please note: You must be registered for the site. If you are not, you must select “Register” on the Cigna website.
- Once logged in, scroll to the bottom of the homepage and click on the “Access Eligibility Site” text to be brought to the link to review and update your information.

3 IF YOU ARE EXPECTING A CHILD, TAKE ADVANTAGE OF THE HEALTHY BABIES PROGRAM.

If you are covered under the NFL Player Insurance Plan, you may be eligible to receive valuable incentives and resources to help you and your significant other prepare for parenthood.

To access the Healthy Babies line: Call 800-635-9671, prompt 1 then prompt 7.

4 IF YOU ARE LOOKING TO RETURN TO SCHOOL, THE TUITION ASSISTANCE PLAN MAY BE AVAILABLE TO YOU.

If you have at least one Credited Season, you may be eligible to receive \$20,000 per Plan Year for reimbursement of tuition, fees and books. Practice Squad Players who were on the Practice Squad for a minimum of three (3) weeks, may be eligible to receive up to \$5,000 per Plan Year.

To verify eligibility before enrolling in classes, contact the Plan Administrator: Call 800-635-4625, prompt 1 or email NFLTuitionAssist@Alight.com.



Scan the QR code to download the NFL Player Benefits mobile app to view your personalized benefits information, as well as other benefits and programs that are available to you!