



By your side

Support for life's challenges Aetna Resources For LivingSM

Let's face it. Some days are easier than others. Did you know you can get help anytime?

It's easy. Find emotional support, a helping hand or a shoulder to cry on. We're here for you and your household members.

Work, life and everything in-between

You can reach us 24/7/365 with just a call. It's free and private. Find help with issues such as:

- Daily stress
- Mental health and well-being
- Personal and professional relationships
- Substance misuse
- Family conflict and more

Simply call us anytime for free support

When you call, we'll listen and help identify your needs. You may choose to speak with a local provider. Our network includes:

- Counselors
- Marriage and family therapists
- Substance abuse counselors

You can meet face-to-face or by televideo.

aetna[®]

Log on or download our app for more resources

Your member website offers tips and information to help with your overall well-being. Go online to find:

- Articles
- Live and on-demand webinars
- Self-assessments
- Videos and more

And be sure to download our mobile app from your device's app store. Simply search "Resources For Living" to install it for free.

The app is filled with tips and tools for reducing your stress. Read new feature articles every month on the go. Check your mood or ask us to give you a call.

Ready when you are

Whether you're at work or out on leave, we're always here to help. We're available 24 hours a day, 7 days a week. Best of all, it's always free and private for you to call us.

Confidential services available 24 hours a day, 7 days a week.



Aetna Resources For LivingSM is the brand name used for products and services offered through the Aetna group of subsidiary companies (Aetna). The EAP is administered by Aetna Behavioral Health, LLC and in California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

All calls are confidential, except as required by law. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. EAP instructors, educators and network participating providers are independent contractors and are neither agents nor employees of Aetna. Aetna does not direct, manage, oversee or control the individual services provided by these persons and does not assume any responsibility or liability for the services they provide and, therefore, cannot guarantee any results or outcomes. The availability of any particular provider cannot be guaranteed and is subject to change. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to **aetna.com**.

aetna[®]