



Help when you want it, how you want it

Aetna Resources For LivingSM

Life can feel like a juggling act. You might have a lot of things up in the air all at once, including:

- Family needs
- Career goals
- Educational planning and expenses
- Life transitions such as a new job or changes to your family structure

That's why we're here to help in simple ways and also in new, innovative ways. And on your schedule, too.

Phone

Feeling tired or stressed? We're here to listen. You can call us anytime. We'll be your shoulder to cry on or your coach to help you get back in the game. Whatever you need in the moment.

Face to face

If you'd like to work with a counselor in person, we can get you started. Your plan comes with a set number of free visits per issue per year. We'll try to find you a local provider who's also covered by your behavioral health plan in case you want to continue with treatment.

Televideo

Now you can meet with a counselor from home — virtually. Simply use your computer and internet connection to:

- Work online with a counselor you like
- Fit sessions into busy days
- Cut your travel time or expense
- Skip the waiting room

Now more than ever before, you can tell us how we can help you. You've got access to services in person, remotely and on demand. And you can give us a call anytime.

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, Health and Human Resources Center, Inc.

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