



Together

Real solutions for real life Aetna Resources For LivingSM

It can be hard to stay on top of the demands of work, family and finances. There are times when each of us could use a little extra help.

And for those times, we're here. We'll join with you — so you can manage and enjoy your life more. We can help you:

- Communicate your needs
- Enhance your relationships
- Learn new coping skills
- Boost your resilience
- Build your confidence
- Reach your potential

Meet life's challenges with new tools, skills and a "can do" mindset. Start now.

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