



# “Cheese”

## Help is a call away Aetna Resources For Living<sup>SM</sup>

Do you try to do it all so you can have it all? What if it didn't have to be that way?

You and your household members can get help to make life easier. With one call, you can find support with all of life's issues.

### Daily life assistance

Your life is busy. Call us and we can save you time and energy. If you're looking for an extra hand, we'll help. We can do the legwork as you search for everyday needs like:

- Child and elder care
- Household services
- Schools and colleges
- Pet care and more

Or go online to your member website and find monthly webinars, articles, videos and assessments on a variety of topics.

### Legal and financial

You can call us for legal and financial help, too. You get a free 30 minute consultation with one of our experts.\* You can find help with a wide range of issues including:

- Estate planning
- Credit repair
- Debt management
- Tax planning and more

### Free and private counseling

You can call us for emotional support any time you need it. We often help members with:

- Relationship issues
- Stress management
- Depression and anxiety
- Work/life balance and more

\*Employees, spouses, domestic partner and dependent children up to age 26 (either in school or living in the same household) are eligible for the basic legal benefits.

**Aetna Resources For Living<sup>SM</sup> is the brand name used for products and services offered through the Aetna group of subsidiary companies. 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 EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. For more information about Aetna plans, go to [aetna.com](http://aetna.com).