



# Balance

## Stress less...live better. Aetna Resources For Living<sup>SM</sup>

**It's good to have some stress. It keeps you moving forward in life. But too much stress for too long can get in your way.**

We're here to help you lessen your stress and get back to enjoying life. One phone call can help you with:

- Child and eldercare needs
- Health and well-being resources
- Legal and financial issues
- Work/life balance and more

If something's stressing you out, we can help. Just need to talk? Give us a call. We're here 24/7, 365 days a year.

You can get free and confidential support anytime. Give us a call or visit your member website today.

*For illustrative purposes only. Does not reflect events experienced by an actual participant.*

**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. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. 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](https://www.aetna.com).

