



# Better together

*You balance a lot — work, home, family and more. You don't have to do it alone. We're here to help you stress less and live more.*

**We're here for you and your household members 24 hours a day, 365 days a year. It's free and confidential.**

**Real solutions for real life**  
Aetna Resources For Living<sup>SM</sup>

*Take advantage of these services by calling today. Tear off the wallet card below and keep it handy.*



**Aetna Resources For Living<sup>SM</sup> 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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**24 hour confidential access**

# Life happens.

# Stress less.

# Live more.

## Emotional support

## Online resources

*“I was tired of trying to do everything to keep up. This service helps me take care of myself and my family, saving time so I can have what matters — a healthy, happy life I love.”*



**Emotional support** — Talk to someone about what’s on your mind. Whatever your goals, our counselors can help you:

- Manage your stress
- Improve your relationships
- Cope with depression
- Deal with drug and alcohol issues
- Reduce anxiety and more



**Member website** — Access informative resources including:

- Videos
- Articles
- Assessments
- Webinars
- Podcasts and more

## Ways to connect with us



**Counselors are ready to meet with you anytime** —

We offer face-to-face, video streaming or in-the-moment support by phone.



Aetna Resources For Living<sup>SM</sup>

No matter what you need, we’re here for you.

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