

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.

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

♥aetna[®]

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

Aetna Resources For Living[™] 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.

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**.

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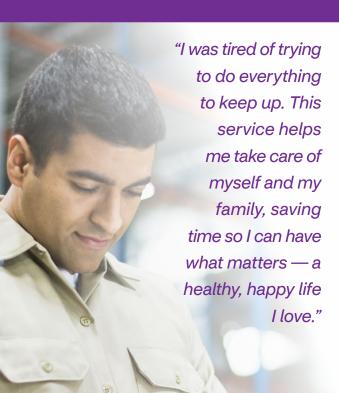
Life happens.

Stress less.

Live more.

Emotional support

Online resources

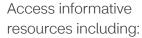




Emotional support — Talk to someone about what's on your mind. Whatever your goals, our counselors can help you:

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

Member website —



- 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.

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

