

## Introducing the Aetna Resources For Living mobile app

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

#### Healthy living has never been so easy

We want you to be healthy, happy and productive. And convenience is key to living a healthier lifestyle.

That's why we're excited to announce the launch of our Aetna Resources For Living mobile app.



#### Healthy tips are just a click away

You're always on the go. With the demands of work, family and friends — when can you take care of yourself? Now with our new mobile app, you'll always have access to:

- **Instant tips to improve mood** — You can rate your day and get a personalized response to help you feel better or continue feeling great.
- **Practical pointers for managing stress and anxiety** — You can learn more about what causes stress, do some relaxation exercises or even manage stress at work.
- **Critical work-life balance skills** — You can learn new lifestyle management and self-help tips and get ideas for better time management.
- **Contact form** — You can contact us to access all your Aetna Resources For Living benefits at your convenience.

#### Install the app today

Our mobile app is now available on iPhone and Android smart phones. Search for "Aetna Resources For Living" in the Apple App Store or the Google Play Store to install today.

Handy, supportive and healthy.

With our new mobile app, we're there anytime, anywhere. You're always on the go — now we'll go with you!

**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, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.**

This material is for informational purposes only. All calls are confidential, except as required by law (i.e., when a person's emotional condition is a threat to himself/herself or others, or there is suspected child, spousal or elder abuse, or abuse to people with disabilities). Services are available to you and your household members, including dependent children up to age 26, whether they live at home or not.

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 [www.aetna.com](http://www.aetna.com)