

We work on *your* schedule

Get started now

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna[®]

We know you're busy. That's why we're available anytime, day or night. Just need to talk? Give us a call. And you can always log on to our website for information, tools and resources to help you overcome life's obstacles. It's that simple and convenient!



Everyone has a goal. How close are you to yours? We can help you build the confidence you need to succeed — at work and at home. We're here to help you thrive. Because you deserve the support needed to be the best YOU can be.

Confidential services are available 24 hours a day, 7 days a week

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

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Aetna Resources For LivingSM 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.

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Real solutions for real life

Aetna Resources For LivingSM

24 Hour Confidential Access



Aetna Resources For Living

We understand there are times when each of us could use a little extra help. Staying on top of the demands of work, family and finances can be overwhelming. For those times, we're here to partner with you so you can return to a place of well-being.

Everyday help

We're here for all of life's moments: the good, the challenging and everything in between. Your livelihood is important to us and we've got the tools to support your needs. We're here to help you be your best — any time you need it.

Our services are confidential and free of charge to you and members of your household. We can help you with:

- Social development
- Stress management
- Anxiety and depression
- Legal and financial matters
- Worklife balance
- Relationships and marriage
- Child and elder care
- Education planning
- Substance abuse
- Weight loss and more



But it doesn't end there. Need tips and resources to guide you through life's challenges? We cover it all. Just log on to our website and find the help you need — right at your fingertips.



Aetna Resources For Living

Real solutions for real life

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