

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

aetna<sup>SM</sup>



Aetna Resources For Living  
is here for you.

Give us a call when you need  
help with:

- Relationship issues
- Substance abuse
- Balancing work and family
- Stress or depression

Confidential services  
available 24/7

## You're never too tough to talk

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

You're strong. You're in control. Not much bothers you.

That's what people think, anyway.

But sometimes how you look on the outside isn't how you're feeling on the inside, and it's a good idea to talk about what's on your mind.

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).

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