

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



When you need someone to listen,
we're here for you

Aetna Resources For LivingSM
Employee Assistance Program for Life Members

www.aetna.com



Kids, job, bills, health, world events. Life — it happens to all of us.

Some days it can be tough to manage the competing priorities in our lives, and keep it all running smoothly. If you are enrolled in an Aetna Life plan and need help with an everyday issue that's becoming a little hard to handle, or you find yourself in a crisis situation, your Employee Assistance Program (EAP) is here for you.

The EAP is a confidential round-the-clock service that helps you and your family balance the demands of work, life and personal issues. We can offer support and resources for your concerns around parenting issues, work-related situations, relationship problems, substance abuse or even self-improvement. And, this program is available to you, your spouse and others in your household as an Aetna Life plan member.

Work, life and everything in-between

Sometimes life can become work and work can become your life. Either way, we're here to help you balance the two. Maybe you just need someone to talk to about a recent transition or conflict at work, or maybe you're looking for some guidance with your personal relationships.

Just a call or click away, we can confidentially discuss your situation and help you find resources and information on issues including:

- Mental health and well-being
- Personal and professional relationships
- Substance abuse
- Family life
- Daily stress

Check with your employer to learn about other services that may be available to you.

Confidential conversations

When you call EAP, a trained professional will confidentially help assess your needs. He or she can also provide referrals to local counselors at your request. We have community and professional services available, such as psychologists, marriage and family therapists and substance abuse counselors, to help you balance your work and home life.

Refresh your mind, reenergize your life

Reawaken the "real you." If you're feeling anxious, blue, or just not your "old self," look on your EAP website. There you will find a link to the Reawakening CenterSM — an engaging, online source to help you assess your risk for depression, learn more about yourself, discover ways of dealing with different feelings and emotions, and access important information and tools.

Ready when you are

We're available whenever you are. We're here 24 hours a day, 7 days a week, either by phone or online. If it's not convenient to call, you can find resources and self-help tools for your personal, family and work-related concerns on the EAP website.

As a member of EAP, there is no charge to you or your family for using the program. However, if you choose to use any referrals to additional resources, their charges, if any, would be your responsibility. Check your company benefits plan for coverage of those additional services.

Contact Aetna Resources For Living anytime, toll-free at **1-877-327-5832.**

Or visit the Internet site at **www.mylifevalues.com,**
username: EAP4LIFE
password: EAP4LIFE

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