



Help is here

Everyone can use a little help sometimes

Aetna Resources For LivingSM

Let us be your partner in resilience.

Because life events and day-to-day issues can sometimes impact health, mental and emotional wellbeing, we created Aetna Resources for Living. We partner with our members to facilitate solutions and empower individuals to proactively take charge of their own health and wellbeing.

We can't promise a stress-free life, but we can provide your employees with the tools and support to awaken resiliency. At Aetna Resources For Living, we connect our members to a variety of unique resources, products and services.

Aetna Resources For Living core services

Emotional support

Everyone could use a little extra support from time to time, so we offer expert 24/7 confidential counseling over the phone, face-to-face or by video conference.

SIGNAL

SIGNAL is our proprietary tool that evaluates a member's state of distress as well as the level of resolution. This helps us make sure we are providing the right services at the right time. With multiple contacts, we can show how our services improved the wellbeing of the individuals and organizations we serve.

Daily Life Assistance

Our worklife consultants connect our members with resources that can help them juggle their work and personal lives. We can help with a wide range of needs, from navigating a complex adult caregiving situation to finding a pet sitter.

myStrength™

Like a health club for the mind, myStrength offers a range of resources to support mental health and overall wellbeing to help overcome depression, anxiety, substance misuse and more.

Financial services

We provide financial consultations by phone on a variety of topics including budgeting, financial planning, retirement and college savings.

Legal support

We also provide legal consultation on topics such as estate planning, immigration, family law and more.

Identity Theft

The identity theft service provides employees with identity theft counseling, and preparation of challenge letters.

The Discount Center

Our Discount Center offers exclusive product and service discounts.

Innovative enhanced services

Adoption assistance offers support for developing and administering an adoption reimbursement program at your company.

Back-up care solutions can help your employees get to work even if the kids are home sick or an aging family member needs extra help. It gives them a Plan B for caregiving needs.

Concierge services provide personal assistance when it comes to dining, travel, entertainment ideas, reservations and more.

Homework Connection offers safe, secure online tutoring for students 24 hours a day. No appointment needed. Choose from K-12 or K-12 plus college level.

International services offers global employee assistance and work/life support for your employees outside of the United States.

Lactation services provide 24/7 consultants to help new mothers start their baby on a healthy, happy path. They also offer kits for nursing mothers and a subsidy for a breast pump.

Mental Health First Aid training gives your staff tools to respond to mental health concerns and crises. It's like First Aid for emotional wellbeing.

My Secure Advantage™ matches your employees with a certified financial coach to give them tools to meet their financial goals.

Return to Work Coaching gives your employees specialized support to assist them upon return from a leave of absence.

Senior Care Management matches your employees with a geriatric care manager who can provide help for your employees and their aging or ailing family members.

Total Brain engages your employees with activities designed to improve their memory and brain function and help them manage stress.

Wellness Services provide access to coaches screened and trained by the Mayo Clinic who can help with weight loss, quitting tobacco, managing chronic conditions, lowering stress and more.

For additional information

email us at:

aetnabh_eapsales@aetna.com

Aetna Resources For LivingSM 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, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

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