When you need someone to listen, we’re here

Aetna Resources For Living℠

Aetna’s Employee Assistance Program for Long-Term Disability members

www.aetna.com

We can help you
Problems? We can connect you with resources and support on:
• Stress
• Substance abuse
• Depression and anxiety
• Family/parenting issues
• Anger management
• Marital issues

Carry this card for convenience.
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 Long-Term Disability plan and need help with an everyday issue that’s becoming a little hard to handle, your Employee Assistance Program (EAP) is here for you.

Aetna Resources For Living, our comprehensive Employee Assistance Program, is there for you when you need it. This confidential and round-the-clock service offers support and resources, whether your issues are parenting, work situations, a troubled relationship, substance abuse or even just a desire for self-improvement. And, this program is available to you and others in your household as an Aetna Long-Term Disability plan member.

Everyone needs a little help sometimes

Your Aetna Long-Term Disability insurance policy includes three face-to-face counseling sessions a year with an EAP network provider. That’s up to three visits a year for you and also for members of your household.

Just a call or click away, we can confidentially discuss your situation and help you get information and education, as well as referrals to local counselors if you want face-to-face visits.

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

Online worklife resources: there when you need them

Visit www.mylifevalues.com for free webinars; online child care, eldercare, education searches; concierge database; and discount programs. You’ll also have access to thousands of articles, videos, and tools on worklife and behavioral health topics.

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. 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 the Aetna EAP anytime, toll-free 1-855-283-1915.  
Or visit www.mylifevalues.com, (Log in user name and password: RESOURCES)