

# Life comes with Demands

*You balance a lot — work, home, family and more. You don't have to do it alone. We're here to help you stress less and live more.*



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



24 hour confidential access



## Confidential

**We're here for you and your household  
members 24 hours a day, 365 days a year.  
It's free and confidential.**

Quoted statements are for illustrative purposes only. Does not reflect events experienced by an actual participant.

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

**Everyday help for  
everyday living**  
Aetna Resources For Living<sup>SM</sup>  
School Employee  
Guidance Program





# Your health and Wellbeing



*"My health matters. Aetna Resources For Living helped me manage my stress and relax. Now I can sleep better, breathe easier and feel like the best version of myself."*



## Life happens Stress less. Live more.

We're here to provide you with resources to make your life easier. You can find services for all aspects of your wellbeing, including:

- **Emotional support** — Talk to a counselor about what's on your mind — stress, relationships, mood issues and more. Meet face-to-face, by video stream or get in-the-moment support by phone.
- **Legal** — Speak with an attorney about legal issues like estate planning and family and domestic issues.
- **Financial** — Discuss budgeting, credit and more with a financial expert.
- **Daily life assistance** — Let our specialists help you solve everyday issues and coordinate caregiving needs.
- **Website** — Check out video resources, articles, assessments, webinars and more.

**No matter what you need,  
we're here for you.**

## Work and life Balance



*"I'm sandwiched between caring for my aging parents and my children. But Aetna Resources For Living helped me find what I needed — transportation for my mom, child care for my kids and emotional support for me."*

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

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