

Help is a call away with your Employee Assistance Program Aetna Resources For LivingSM



If you're like most people, you try to do it all so you can have it all. But what if it didn't have to be that way?

You and your household members can find help to make your life easier. With one phone call, you can find free support with all of life's issues.

Worklife services

Your life is busy. Call us and we can save you time and energy. If you're looking for an extra hand, we'll help. We can do the legwork as you search for everyday needs like:

- Child and elder care
- Household services
- Schools and college
- Pet care and more

Or go online to your worklife website and find monthly webinars, articles, assessments and tools on a variety of wellness topics.

Legal and financial

You can call us for legal and financial help, too. You get a free 30 minute consultation with one of our experts, up to three sessions per year.* You can find help with most matters including:

- Estate planning
- Credit repair
- Debt management
- Family or domestic law

Employee Assistance Program — Free and private counseling

You can access private, short-term counseling anytime you need it. We often help members with:

- Relationship issues
- Stress management
- Depression and anxiety
- Substance Abuse

Make one call and find countless resources. Call us today!

1-800 -7DOWDOW
www.mylifevalues.com
Username: MYDOWEAP
Password: MYDOWEAP

*Legal services beyond initial consults are offered at a reduced rate.

Aetna Resources For LivingSM 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. In California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

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Introducing the Aetna Resources For Living mobile app

Aetna Resources For LivingSM

Healthy living has never been so easy

We want you to be healthy, happy and productive. And convenience is key to living a healthier lifestyle.

That's why we're excited to announce the launch of our Aetna Resources For Living mobile app.



Healthy tips are just a click away

You're always on the go. With the demands of work, family and friends — when can you take care of yourself? Now with our new mobile app, you'll always have access to:

- **Instant tips to improve mood** — You can rate your day and get a personalized response to help you feel better or continue feeling great.
- **Practical pointers for managing stress and anxiety** — You can learn more about what causes stress, do some relaxation exercises or even manage stress at work.
- **Critical work-life balance skills** — You can learn new lifestyle management and self-help tips and get ideas for better time management.
- **Contact form** — You can contact us to access all your Aetna Resources For Living benefits at your convenience.

Install the app today

Our mobile app is now available on iPhone and Android smart phones. Search for "Aetna Resources For Living" in the Apple App Store or the Google Play Store to install today.

Handy, supportive and healthy.

With our new mobile app, we're there anytime, anywhere. You're always on the go — now we'll go with you!

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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.

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