



# At your service

## Support with life's issues in just one call Aetna Resources For Living<sup>SM</sup>

Kids, jobs, 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 everything running smoothly. Whether you can use a little help with everyday issues or you find yourself in a crisis situation, we're here for you.

You and your household members can get support with personal and workplace challenges 24 hours a day, 7 days a week. It's free through Aetna Resources For Living (ARFL).

### Everyone in your household can call

#### **The program includes:**

- You
- Your children up to age 26, whether or not they live at home
- Household members, whether or not they're related to you

#### **Use the program at no cost and get emotional support to help with all aspects of life, including:**

- Relationships
- Emotional well-being
- Work or family stress and anxiety
- Alcohol or other drug misuse
- Depression
- Personal and life improvement
- Child care
- Elder care
- Grief and loss
- Legal or financial topics

### Help when you want it, how you want it

You and your household members can reach us by phone any time of day or night at **1-866-326-7172**. Our counselors provide free, unlimited in-the-moment support.

You and your household members also get three free face-to-face or televideo sessions per year with a master's level therapist. For those covered under the Small Group Aetna Funding Advantage medical plan, you and/or your covered dependents can ask about choosing a provider who's in the medical plan network. That way, if you decide to continue beyond the first three visits, you can keep out of pocket costs as low as possible.

Download the Aetna Resources For Living mobile app today from your device's app store. It's got lots of free resources like stress-busters and a mood tracker. You can even request a call back.

## Legal and financial services

Your plan also includes legal and financial guidance from qualified professionals. Call us for a free initial consultation for each issue and reduced rates for continued services.

### **You can use legal services for:**

- Free online will
- Tax consultation by phone
- Detailed will and trust preparation
- Identity theft consultation
- Mediation services
- Online forms and information
- Legal and financial library

### **And common financial issues include:**

- Credit counseling
- Debt and budget assistance
- Tax planning
- Retirement and college planning

## Daily life assistance

You and your household members can call us for help finding service providers to meet a wide variety of needs. A worklife specialist will spend a few minutes talking to you about your needs. Then he or she will search for options that could meet those needs within the budget you set.

You'll get a report listing the results of our search. Then the choice is yours.

### **Let us research providers you can hire at your expense for:**

- Child care
- Elder care
- Adoption
- Household services
- Auto repairs
- Veterinarians
- Pet sitters and more

### **Log on to your member website to access videos, articles, webinars and links including:**

- Live and on-demand webinars
- Care providers for children and older adults
- Public and private school searches
- Adoption resources
- Parenting information
- Fitness and nutrition tips
- Health and wellness resources
- Veteran support
- College search and financial tools
- Over one million worklife providers

**Visit MindCheck®** to see how you're feeling, lower your stress and help keep a positive outlook. "Find your color," read articles to improve your state of mind and sign up for helpful e-mails at [mindchecktoday.com](http://mindchecktoday.com). Or download the MindCheck app from your device's app store.

**myStrength™** can help you overcome depression, anxiety, substance misuse, insomnia, chronic pain and more. Log on for custom inspiration, eLearning programs, trusted resources and daily motivation.

We're always here for you. Give us a call 24/7 at **1-866-326-7172** for emotional support, daily life assistance and more.

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