



Personal support for your employees

Aetna Resources For LivingSM
for Aetna Funding AdvantageSM

Your employees balance a lot of things — work, home and life. With our Employee Assistance Program, they can get help any time they need — 24 hours a day, 7 days a week. It's free for them through Aetna Resources For Living — a program included with your Small Group Aetna Funding Advantage (AFA) plan.

Aetna Resources for Living services are available at no cost to:



Employees
enrolled in
an AFA
medical plan



Children up to
age 26, whether
or not they live
at home



Household
members,
whether or not
they're related
to the employee

Help when they want it, how they want it

Your employees and their household members can reach us by phone any time for short-term counseling to help with all aspects of life, from emotional well-being and substance misuse to childcare and financial challenges. Our proprietary Signal[®] System survey gives us a measure of a caller's distress level. It helps us identify stressors and engage the member in making a plan to meet his or her needs. In addition, employees and their household members can take advantage of:

- Three face-to-face or televideo sessions per year with a master's level counselor*
- All the features of the Aetna Resources For Living mobile app which you can download from your device's app store
- Our secure member website with free resources including videos, webinars, articles, assessments and more

You can also refer an at-risk employee. If you make a mandatory referral, you'll receive updates about your employee's compliance with Aetna Resources for Living recommendations.

*There are no copays or deductibles for these three sessions. Members may be able to keep seeing the same provider for additional sessions under the Small Group Aetna Funding Advantage plan, subject to medical plan provisions and/or cost-sharing.

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Lots of services — *all in one place*

With Aetna Resources for Living, your employees and their household members can access services for all aspects of life. In addition to emotional support, they can call us for:

Legal and financial guidance from qualified professionals —

These services provide a free initial consultation for each issue and reduced rates for continued services. Common services include:

- Free online will
- Tax consultation by phone
- Detailed will and trust preparation
- Identity theft consultation
- Credit counseling
- Tax planning
- Mediation services
- Online forms and information
- Legal and financial library
- Debt and budget assistance
- Retirement and college planning

Worklife resources — researches providers your employees or their household members can hire at their own expense for:

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

Employees and their household members can also access:

MindCheck® — Our emotional wellbeing assessment tool

myStrength™ — Clinically proven eLearning aimed at supporting mental health and emotional well-being

The numbers add up

Our network includes **176,000** behavioral health and **65,000** EAP providers with **98** percent network overlap. Members are more likely to go in-network for medical services when they start with the EAP.

6

hours of productivity saved with one call to a worklife specialist

80

percent improvement in emotional well-being for members with multiple counseling sessions

\$1,400

average productivity savings per member

Contact your broker or Aetna representative to learn more about the Aetna Resources for Living program.

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

All EAP calls are confidential, except as required by law. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. EAP instructors, educators and network participating providers are independent contractors and are neither agents nor employees of Aetna. Aetna does not direct, manage, oversee or control the individual services provided by these persons and does not assume any responsibility or liability for the services they provide and, therefore, cannot guarantee any results or outcomes. The availability of any particular provider cannot be guaranteed and is subject to change. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to **aetna.com**.

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