Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna℠

We're here for you

Aetna Resources For Living℠

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 need help with everyday issues that are becoming a little hard to handle, or you find yourself in a crisis situation, we're here for you.

Aetna Resources For Living is a confidential round-the-clock service that helps employees and their families balance the demands of work, life and personal issues.

We can offer support and resources for your concerns around parenting issues, work-related situations, relationship problems, substance abuse or even self-improvement.

Services are available to you and anyone in your household. Your program offers short-term counseling with a licensed clinician for you and each household member.

Work, life and everything in-between

Sometimes life can become work and work can become your life. Either way, we're here to help you balance the two. Maybe you just need someone to talk to about a recent transition or conflict at work, or maybe you're looking for some guidance with your personal relationships.

Just a call or click away, we can confidentially discuss your situation and help you find resources and information on issues including:

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

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Confidential conversations

When you call us, a trained professional will confidentially help you assess your needs and provide referrals to local counselors. We have community and professional services available, such as psychologists, marriage and family therapists and substance abuse counselors, to help you balance your work and home life.

Refresh your mind. Reenergize your life.

Reawaken the "real you." If you're feeling anxious, blue, or just not your "old self," look on your member website. There you will find a link to the Reawakening Center — an engaging, online source to help you assess your risk for depression, learn more about yourself, discover ways of dealing with different feelings and emotions, and access important information and tools.

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 member website.

There is no charge to you or your family for using the service. 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.

Confidential services available 24 hours a day, 7 days a week

1-888-AETNA-EAP (1-888-238-6232)
www.mylifevalues.com
Username: Navajo
Password: ARFL

Aetna Resources For Living℠ 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, Aetna Health of California, Inc. and Aetna Health and Human Resources Company, Inc.

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.

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 **www.aetna.com**.

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