



# Here for you

## Help when you want it, how you want it Aetna Resources For Living<sup>SM</sup>

Life can feel like a juggling act. You might have a lot of things up in the air all at once, including:

- Family needs
- Career goals
- Educational planning and expenses
- Life transitions such as a new job or changes to your family structure

That's why we're here to help in simple ways and also in new, innovative ways. And on your schedule, too.

### Phone

Feeling tired or stressed? We're here to listen. You can call us anytime. We'll be your shoulder to cry on or your coach to help you get back in the game. Whatever you need in the moment.

### Face to face

If you'd like to work with a counselor in person, we can get you started. Your plan comes with a set number of free visits per issue per year. We'll try to find you a local provider who's also covered by your behavioral health plan in case you want to continue with treatment.





### Televideo

Now you can meet with a counselor from home — virtually. Simply use your computer and internet connection to:

- Work online with a counselor you like
- Fit sessions into busy days
- Cut your travel time or expense
- Skip the waiting room

### Inspiration whenever you need it

myStrength™ is a unique wellness resource that can work alone or in combination with any of the above treatment modes. You can explore articles, videos, self-paced exercises and inspiration to help with:

- Anxiety
- Substance abuse
- Depression
- Pregnancy and early parenting
- Chronic pain
- Trouble sleeping
- Mindfulness and more

myStrength is free for you to use alone or as a supplement to working with your counselor.

Now more than ever before, you can tell us how we can help you. You've got access to services in person, remotely and on demand. And you can give us a call anytime.

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