



Carefree

Resources to help you live a better life

Aetna Resources For LivingSM

You have unique needs. That's why we've got one-of-a-kind solutions.

Short-term counseling to meet your goals

Everyone needs a little extra help now and then. You and your eligible family members can meet with one of our local counselors. It's free and confidential.

You can get counseling face-to-face or by televideo to help with issues like:

- Relationships
- Setting and reaching goals
- Stress and anxiety
- Work/life balance and more

➡ [Learn more about counseling services here.](#)

Legal and financial services

Access legal and financial guidance from qualified professionals, including a free initial consultation for each issue.* We can help you with goals like:

- Divorce and child custody
- Estate planning
- Debt and budgeting
- Identity theft
- Tax planning
- Mediation and more

You can even access our online legal and financial library.

➡ [Find out more about legal services here.](#)

➡ [Learn more about financial services here.](#)

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



Daily life assistance

The right resources can go a long way toward making your life easier. Save time and stress with worklife services.

We'll help you find:

- Child and elder care
- Caregiver support
- School and college planning
- Convenience services and more

All that adds up to a healthier, happier life at home and work.

➡ [**Learn more about worklife services here.**](#)

Online resources

Healthy living tips are a click away. Just go to your member website to find:

- Articles on a wide range of topics
- Depression Resource Center
- Webinars and videos
- E-tools and more

Get information and ideas for living a happy, healthy and productive life. The website is available in both English and Spanish.

➡ [**Learn more about your member website here.**](#)

The Discount Center

You have access to great savings nationwide. You can get reduced rates on:

- Brand name products
- Concert and event tickets
- Travel, hotels and car rentals
- Fitness and nutrition services and products

➡ [**You can learn more about the Discount Center here.**](#)

And remember these special features:

Televideo counseling	Meet with a counselor from the comfort of your own home with televideo services. Learn more about Televideo counseling here. ➡
myStrength	Register for a unique emotional wellness portal. It's easy. And it's accessible both online and on the go with the myStrength mobile app. Get more details on myStrength here. ➡
Keep us in your back pocket	Download the 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 read the latest monthly content from your member website while you're out and about. See how you can use the app in this short video. ➡

Members are saying things like:*

"Reduce my stress? That sounded like a dream — until I learned about my benefits. Now I know who to call for help with things like finding child care, managing debt, saving on big purchases and more. I can talk to an expert when I'm feeling down or upset. Help is literally at my fingertips all the time. Thanks for the less-stress lifestyle!"

Simply call or log on today.

* This is a representation of member responses and does not reflect an actual participant.

Aetna Resources For LivingSM is the brand name used for products and services offered through the Aetna group of subsidiary companies (Aetna). 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. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Discount services are provided and managed by LifeCare, an independent third party. Aetna does not oversee or control the services provided by or recommended by LifeCare and does not assume any liability for their services. For more information about Aetna plans, go to [Aetna.com](https://www.aetna.com).

