

## Benefits overview

### Aetna Resources For Living<sup>SM</sup>

Employees and household members can confidentially address and resolve personal and workplace challenges through the Employee Assistance Program (EAP). The EAP offers short-term counseling on all aspects of life at no cost to you, including:

- Relationship difficulties
- Emotional/psychological concerns
- Work or family stress and anxiety
- Alcohol and drug abuse
- Personal and life improvement
- Legal or financial topics
- Depression
- Childcare
- Eldercare issues
- Grief issues

#### Legal/Financial services

You can receive legal and financial guidance from qualified professionals, including a free initial consultation for each issue.\* Typical financial matters include credit counseling, debt and budgeting assistance, tax planning, retirement and college planning.

- Free online will
- Telephonic tax consultation
- Reduced rate for continued services\*
- Detailed wills and trust preparation
- Identity theft consultation
- Mediation services
- Website forms and information
- Legal and financial library

#### Telephonic and online Worklife resources

With worklife services, employees and their households can receive assistance for a variety of concerns including childcare, eldercare, adoption, daily living issues and other issues they may encounter.

- Monthly webinars on various topics
- Childcare and eldercare searches
- Public and private school searches
- Adoption resources
- Health assessments and tools
- Health and wellness resources
- Household services
- College search and financing tools
- Veterinarian and pet care searches
- Over one million worklife providers

Confidential assistance is available 24 hours a day, 7 days a week



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

**Aetna Resources For Living<sup>SM</sup> 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. In California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.**

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