

**Aetna Resources For Living EAP  
is designed for employers with  
2-50 eligible lives to:**

- Better manage health costs
- Help maintain employee productivity
- Increase employee satisfaction and well-being

Improve workplace productivity —  
help employees balance work and life

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

**Integrated services to better manage costs and resources**

At Aetna Resources For Living, we believe in an integrated, total health focus where an EAP and other services are part of a continuum of care and overall health strategy. To deliver an EAP that meets the needs of small businesses and their employees, we have leveraged our long-standing history as a leader and innovator of health-related programs and services.

**Aetna Resources For Living EAP offers a cost-effective early point of intervention**

We know small businesses rely on every employee to be actively at work and engaged. Aetna Resources For Living EAP serves as a cost-effective early point of intervention for many problems and issues before they become unmanageable for employees. By encouraging the appropriate use of behavioral health and medical benefits, plan sponsors can better manage overall benefits costs, while maintaining employee productivity.

**Services are confidential, efficient and cost-effective**

When employees use the Aetna Resources For Living EAP, we assess their needs and guide them to resources that can best meet those needs. These confidential services are available either by telephone or on the Web, so employees can quickly find the resources they need. There is no direct cost to employees or their family members for using the services.

Employee use of our EAP resources and tools enables small businesses to meet their employee needs in an efficient, cost-effective manner.

## How Aetna Resources For Living EAP helps small business plan sponsors help their employees

- **Management and Human Resource assistance.** Unlimited telephonic Management Consultation services provide small business plan sponsors with access to workplace-trained clinicians to consult with when complex employee issues arise.
- **Online Resources.** 24/7 unlimited access to extensive EAP resources on the Web.
- **Emphasis on appropriate care and assistance.** Our goal is to lead plan sponsors and their employees to the right information, assistance and care to address their specific needs. This can help save time and effort, which helps their employees remain productive on the job.
- **Assistance for motivating employees.** We provide tools and guidance such as access to electronic promotional materials that plan sponsors can print to effectively promote employee awareness and use of the Aetna Resources For Living EAP at their worksite.

## Employees can reach the EAP with a single toll-free call

Confidentiality is the cornerstone of the Aetna Resources For Living EAP. Knowing their concerns or issues are held in the strictest confidence will encourage employees to “make the call” and make the best use of their employer-sponsored benefits.

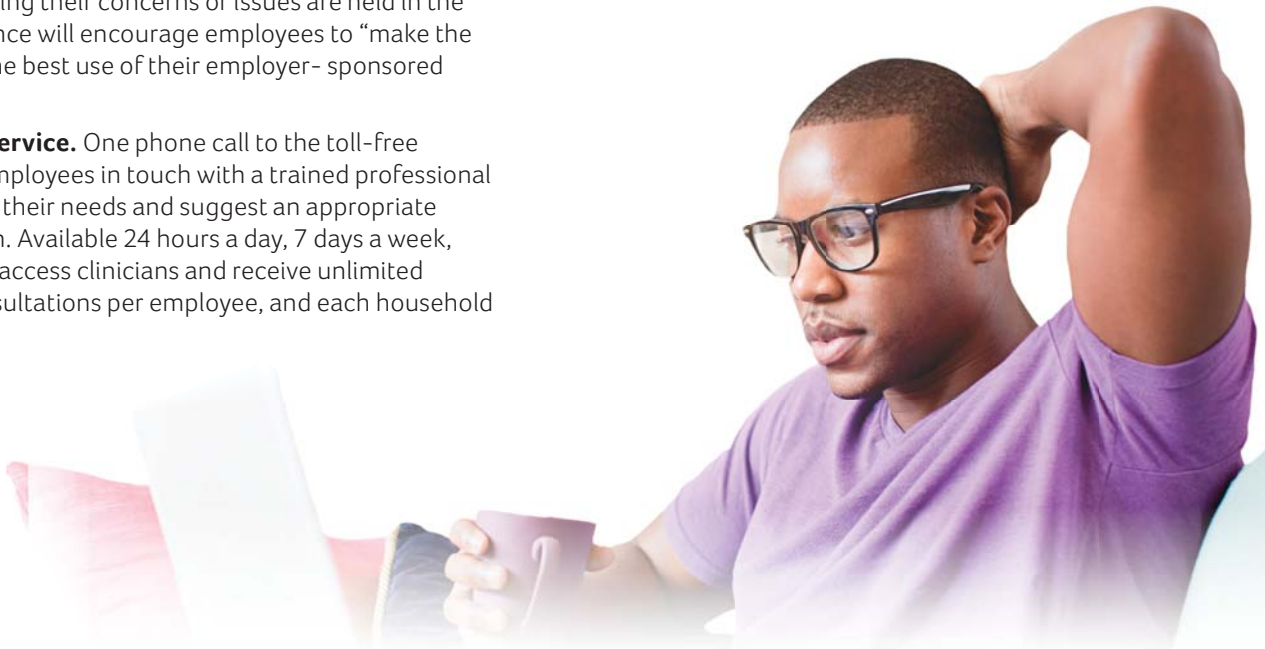
- **Personalized service.** One phone call to the toll-free number puts employees in touch with a trained professional who can assess their needs and suggest an appropriate course of action. Available 24 hours a day, 7 days a week, employees can access clinicians and receive unlimited telephonic consultations per employee, and each household

member. Consultations may be used for such issues as strained relationships, stress, or substance abuse.

- **Easy access saves time and effort.** Employees can also access EAP resources conveniently on our comprehensive website, [www.mylifevalues.com](http://www.mylifevalues.com). There, employees are directed to resources quickly, which can help them efficiently manage issues that may otherwise require substantial time and effort.

Aetna Resources For Living Employee Assistance Program provides a comprehensive suite of benefits and addresses a variety of employee health and wellness needs for clients.

To access Aetna Resources For Living Employee Assistance Program, call **1-866-672-5417** or visit [www.mylifevalues.com](http://www.mylifevalues.com), **username: 4BALANCE, password: eap**



**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.**

**This material is intended for SG KWH 2-50 non ACA plans.** All calls are confidential, except as required by law. 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. 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](http://www.aetna.com).