



Personal support for your employees

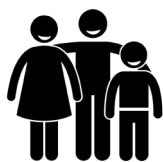
Aetna Resources For LivingSM for Aetna Funding AdvantageSM

Your employees balance a lot of things — work, home and life. With our Employee Assistance Program, they can get help any time they need — 24 hours a day, 7 days a week. It's free for them through Aetna Resources For Living — a program included with your Small Group Aetna Funding Advantage (AFA) plan.

Aetna Resources For Living services are available at no cost to:



Employees enrolled in an AFA medical plan



Children up to age 26, whether or not they live at home



Household members, whether or not they're related to the employee

Help when they want it, how they want it

Your employees and their household members can reach us by phone any time for short-term counseling to help with all aspects of life, from emotional well-being and substance misuse to childcare and financial challenges. Our proprietary Signal[®] System survey gives us a measure of a caller's distress level. It helps us identify stressors and engage the member in making a plan to meet his or her needs. In addition, employees and their household members can take advantage of:

- Three face-to-face or televideo sessions per year with a master's level counselor*
- All the features of the Resources For Living mobile app which you can download from your device's app store
- Our secure member website with free resources including videos, webinars, articles, assessments and more

You can also refer an at-risk employee. If you make a mandatory referral, you'll receive updates about your employee's compliance with Aetna Resources For Living recommendations.

*There are no copays or deductibles for these three sessions. Members may be able to keep seeing the same provider for additional sessions under the Small Group Aetna Funding Advantage plan, subject to medical plan provisions and/or cost-sharing.



Lots of services — *all in one place*

With Aetna Resources For Living, your employees and their household members can access services for all aspects of life. In addition to emotional support, they can call us for:

Legal and financial guidance from qualified professionals —

These services provide a free initial consultation for each issue and reduced rates for continued services. Common services include:

- Free online will
- Tax consultation
- Detailed will and trust preparation
- Identity theft consultation
- Credit counseling
- Tax planning
- Mediation services
- Online forms and information
- Legal and financial library
- Debt and budget assistance
- Retirement and college planning

Daily life assistance — researches providers your employees or their household members can hire at their own expense for:

- Child care
- Elder care
- Household services
- Auto repairs
- Veterinarians
- Pet sitters and more

Employees and their household members can also access:

MindCheck® — Our emotional wellbeing assessment tool

myStrength™ — Clinically proven eLearning aimed at supporting mental health and emotional well-being

The numbers add up

Our network includes **257,219** global and national behavioral health and **89,196** EAP providers with **~98** percent network overlap. Members are more likely to go in-network for medical services when they start with the EAP.

8

hours of productivity saved with one call to a worklife specialist¹

12.04

percent improvement in members' emotional well-being²

\$1,340

average productivity savings per member³

Contact your broker or Aetna representative to learn more about the Aetna Resources For Living program.

¹Aetna Resources For Living, Worklife Survey, 2021.

²Aetna Resources For Living, Book of Business member choice and telephonic benefit population report, 2019

³Aetna Resources For Living, SIGNAL and WLQ Data Analytics, 2017.

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.

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