

# Employee Assistance Plan (EAP)

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

Aetna Resources For Living is an employer sponsored program, available at no cost to you and all members of your household. That includes dependent children up to age 26, whether or not they live at home. Services are confidential and available 24 hours a day, 7 days a week.

### Emotional Well-Being Support

You can access up to **6 counseling sessions** per issue each year. You can also call us 24 hours a day for in-the-moment emotional well-being support.

Counseling sessions are available face to face or online with televideo. Services are free and confidential. We're always here to help with a wide range of issues including:

- Relationship support
- Stress management
- Work/life balance
- Family issues
- Grief and loss
- Depression
- Anxiety
- Substance misuse and more
- Self-esteem and personal development



### Financial services

Simply call for a free 30-minute consultation for each new financial topic related to:

- Budgeting
- College funding
- Tax and IRS questions and preparation
- Credit and debt issues
- Mortgages and refinancing
- Retirement or other financial planning

You can also get a 25% discount on tax preparation services.

Services must be for financial matters related to the employee and eligible household members.

### Daily Life Assistance

Competing day-to-day needs can make it tough to know where to start. Call us for personalized guidance. We'll help you find resources for:

- Childcare, parenting and adoption
- Summer programs for kids
- School and financial aid research
- Care for older adults
- Caregiver support
- Special needs
- Pet care
- Home repair and improvement
- Household services and more



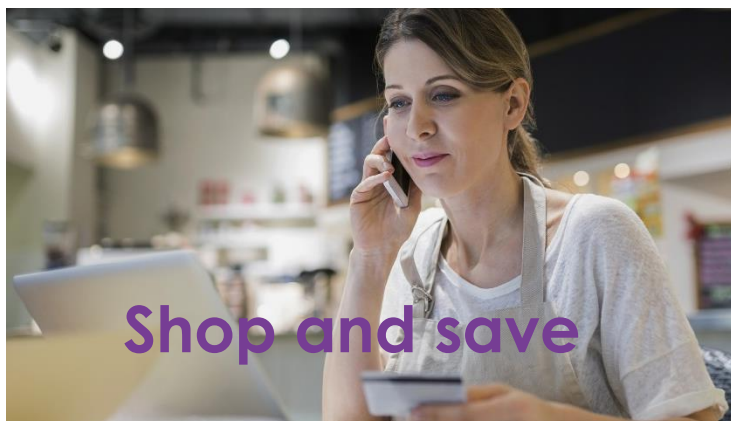
## Online Resources

Your member website offers a full range of tools and resources to help with emotional wellbeing, work/life balance and more. You'll find:

- Articles and self-assessments
- Adult care and childcare provider search tool
- Stress resource center
- Video resource
- Live and recorded webinars
- Mobile app

## Other services

Identity theft services — One-hour fraud resolution phone consultation or coaching about ID theft prevention and credit restoration. Services include a free emergency kit for victims.



## Online Discount Center

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

- Computers and electronics
- Brand name products
- Travel, hotels and car rentals
- Gifts and retail shopping
- Books and DVDs
- Concert and event tickets
- Fitness memberships and supplies

## myStrength Strength

myStrength offers tools to improve your emotional health and help you overcome depression, anxiety, stress, substance misuse and/or chronic pain.

<https://www.resourcesforliving.com/home/services/mystrength>

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Search for “**Aetna Resources For Living**” in the Apple App Store or the Google Play Store to install today.

## Legal Services\*

You can get a free 30-minute consultation with a participating attorney for each new legal topic related to:

- General
- Family
- Criminal Law
- Elder Law and Estate Planning
- Divorce
- Mediation Services
- Real Estate Transactions
- Mediation Services

If you opt for services beyond the initial consultation you can get a 25% discount.

\*Services must be related to the employee and eligible household members. Work related issues are not covered. Discount does not include flat legal fees, contingency fees and plan mediator services.



## Employee Assistance Program

To access services:

**1-800-342-8111**

[resourcesforliving.com](https://www.resourcesforliving.com)

**Username: SLO**

**Password: eap**