



# Connected

## Your member website

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

The Resources for Living website provides a variety of tools and resources to support your associates with their:

- Work/life balance
- Personal development
- Overall health
- Emotional well-being

#### Easy access from the home page

You can find access to some of the most popular features right from the home page. Link to online resource centers and monthly features such as:

- Member newsletter
- Videos
- Member poll/results
- Podcast and more

Quarterly features include a new video related to emotional health (“e-Health”) and a self-assessment. Members can also easily navigate to myStrength™ for evidence-based online learning programs that can help with stress, anxiety, depression and more.

The “Today I want to” menu provides quick links to helpful resources, such as:

- Information on depression
- Suicide prevention resources
- National crisis resources
- Video library and more

<b>Life &amp; relationships</b>	<p>Categories include:</p> <ul style="list-style-type: none"> <li>• Raising children at all ages of development</li> <li>• Relationships/marriage</li> <li>• Elder, adult or child care provider search engines</li> <li>• Caring for an older adult</li> <li>• Retirement resources</li> <li>• Shopping</li> <li>• Housing</li> </ul>
<b>Mental health &amp; addictions</b>	<p>Articles, videos and assessments include:</p> <ul style="list-style-type: none"> <li>• Managing depression</li> <li>• Mental health awareness</li> <li>• Suicide prevention</li> <li>• Quitting smoking</li> </ul> <p>Specific conditions such as autism, bipolar disorder, post-partum depression, eating disorders, dementia and more are also highlighted.</p>
<b>Resource centers</b>	<p>These include:</p> <ul style="list-style-type: none"> <li>• Stress management</li> <li>• Crisis and disaster</li> <li>• Self-improvement</li> <li>• Staying healthy</li> <li>• Trauma, grief and loss.</li> </ul>
<b>Career &amp; workplace</b>	<p>Includes information on handling change, helping coworkers and more. Managers can access resources, videos and a quarterly manager newsletter.</p>
<b>Tools</b>	<p>These include monthly updates, webinars, podcasts, videos and more. Members can sign up for new webinars or watch a webinar from the on-demand library. Topics include communication, relationships, self-improvement, stress and more.</p> <ul style="list-style-type: none"> <li>• Video library includes videos on mental health awareness and overall health.</li> <li>• “People like me” section highlights examples of mental health issues, sharing tools that can help members on their mental health journey.</li> <li>• “Check in on you” tools gauge level of anxiety, depression, overall mental wellbeing and more to help members learn about themselves and their needs.</li> </ul>
<b>Services</b>	<p>Explains benefits available to members, including household members and children living away from home up to age 26. Members can access legal and financial information including legal documents such as online will, power of attorney, mediator and lawyer provider searches and more.</p>

Our members can access a world of information all in one place.

**Aetna Resources For Living<sup>SM</sup>** 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. For more information about Aetna plans, go to **aetna.com**.