

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna®



We can't promise you a stress-free life. But we can provide you with tools and support to awaken your own resiliency. Start now.

Confidential telephonic support and online help, 24/7/365

1-866-865-2202
www.mylifevalues.com
Username: ASRC
Password: EAP

Real solutions for real life

Aetna Resources For LivingSM

We understand there are times when each of us could use a little extra help. Staying on top of the demands of work, family, finances and child/elder care can be challenging. And for those times, we're here. Aetna Resources For Living will partner with YOU — so you return to a place of well-being.

- Adapt to change
- Build your work ethic
- Rest your body and mind
- Reach your potential
- Celebrate yourself



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