

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

Solutions for living well at home and at work

**1-866-865-2202**

**[www.mylifevalues.com](http://www.mylifevalues.com)**

**Username: ASRC**

**Password: EAP**



Confidential services  
available 24 hours a day,  
7 days a week

**aetna<sup>®</sup>**

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

Just a call or a click away, we can help you find information and resources on issues including:

- Stress
- Family/Parenting issues
- Anxiety/depression
- Child/elder care
- Anger management
- Alcohol/substance abuse problems
- Marital/relationship issues
- Legal/financial services

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. In California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

All calls are confidential, except as required by law (i.e., when a person's emotional condition is a threat to himself/herself or others, or there is suspected abuse of a minor child, and in some areas, spousal or elder abuse).