



You can get services to help you live a better life today.

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

You have unique needs. That's why we've got one-of-a-kind solutions.

### Short-term counseling to meet your goals

Everyone needs a little extra help now and then. You and your eligible family members can meet with one of our local counselors. It's free and confidential.

You can get counseling face-to-face or by televideo to help with issues like:

- Relationships
- Setting and reaching goals
- Stress and anxiety
- Work/life balance and more

➔ [Learn more about counseling services here.](#)

### Legal and financial services

You can get legal and financial guidance from qualified professionals, including a free initial consultation for each issue.\* We can help you with goals like:

- Divorce and child custody
- Estate planning
- Debt and budgeting
- Identity theft
- Tax planning
- Mediation and more

You can even access our online legal and financial library.

➔ [Find out more about legal services here.](#)

➔ [Learn more about financial services here.](#)

\* Legal services beyond initial consults are provided at a reduced rate.

## Online resources

Healthy living tips are a click away. Just go to your member website to find:

- Articles on a wide range of topics
- Depression Resource Center and self assessments
- Webinars
- E-tools and more

Get information and ideas for living a happy, healthy and productive life. The website is available in both English and Spanish.

➔ [Learn more about your member website here.](#)

## The Discount Center and fitness discounts

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

- Brand name products
- Concert and event tickets
- Travel, hotels and car rentals
- Fitness memberships and supplies

➔ [You can learn more about the Discount Center here.](#)

➔ [And learn more about fitness discounts here.](#)

## And remember these special features:

<b>Televideo counseling</b>	Meet with a counselor from the comfort of your own home with televideo services. <a href="#">Learn more about Televideo counseling here.</a> ←
<b>myStrength</b>	Register for a unique emotional wellness portal. It's easy. And it's accessible both online and on the go with the myStrength mobile app. <a href="#">Get more details on myStrength here.</a> ←
<b>Keep us in your back pocket</b>	Download the mobile app today from your device's app store. It's got lots of free resources like stress-busters and a mood tracker. You can even read the latest monthly content from your member website while you're out and about. <a href="#">See how you can use the app in this short video.</a> ←

### Members are saying things like:\*

*"Reduce my stress? That sounded like a dream – until I learned about my benefits. Now I know where to find help with things like managing debt, joining a gym, saving on big purchases and more. And I can talk to an expert when I'm feeling down or upset. Help is literally at my fingertips all the time. Thanks for the less-stress-lifestyle!"*

For more information, simply call or log on today.

\*This is a representation of member responses and does not reflect an actual participant.

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