



Better together

You balance a lot — work, home, family and more. You don't have to do it alone. We're here to help you stress less and live more.

We're here for you and your household members 24 hours a day, 365 days a year. It's free and confidential.

Real solutions for real life
Aetna Resources For LivingSM

Take advantage of these services by calling today. Tear off the wallet card below and keep it handy.



Aetna Resources For LivingSM 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, Health and Human Resources Center, Inc.

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24 hour confidential access

Life happens.

Stress less.

Live more.

Emotional support

“I was tired of trying to do everything to keep up. This service helps me take care of myself and my family, saving time so I can have what matters — a healthy, happy life I love.”



Emotional support — Talk to someone about what’s on your mind — stress, relationships, anxiety, depression and more. Meet face-to-face, by video stream or get in-the-moment support by phone.

Legal and financial



Legal — Speak with an attorney for things like guidance on small claims court, family or domestic issues and identity theft support.



Financial — Discuss budgeting, credit and more with a financial expert.

Daily life assistance and online resources



Daily life assistance — Let our specialists help you solve everyday issues and provide referrals for caregiving needs.



Member website — Check out video resources, articles, assessments, webinars, podcasts and more.



Aetna Resources For LivingSM

No matter what you need, we’re here for you.

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