



Take it easy

Connect with a counselor online anywhere Aetna Resources For LivingSM

Your issues are unique and counseling should match that.

You have the option of meeting with a counselor anywhere at your convenience with televideo. It's simple. Just use your webcam with any computer or smart device that's connected to the internet.

Call on us for help anytime

What would you like to work on? When it comes to using your free sessions, you've got more options than ever before. And there's no need to leave home to work with the same counselor for multiple sessions. You can get help with:

- Anxiety and depression
- Family and relationship issues
- Caregiving
- Time management
- Work-life balance and more

When you call us for a referral, you've got new choices. Televideo makes it easier than ever to see a counselor on your schedule.

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, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. For more information about Aetna plans, refer to aetna.com.

