



Good vibes

Anxiety shouldn't be a way of life. Aetna Resources For LivingSM

Now a network of support is as close as your computer or smartphone. And, it's free and easy to use.

Anxiety disorders affect more than one out of every six adults in the U. S., or about 40 million people.¹ Of course it's normal for people to worry about things. But is your worry:

- Keeping you from doing everyday activities?
- Getting in the way of you reaching your goals?
- Leaving you feeling overwhelmed?

Give us a call. We're here 24/7, 365 days a year. We can help you with:

- Handling life's pressures
- Coping techniques
- Getting back in your comfort zone

Let us help you dial your anxiety down. Simply call or go online anytime.

¹**Facts and statistics.** Accessed November 11, 2019.

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.