



# Take it easy

## Connect with a counselor online anywhere Aetna Resources For Living<sup>SM</sup>

Your issues are unique and counseling should match that.

You have the option of meeting with a counselor anywhere at your convenience with televideo — or even on the phone. 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 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. and in California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.**

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