



Carefree

Resources to help you live a better life

Aetna Resources For LivingSM

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

Access 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
- Webinars and videos
- 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

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

- Brand name products
- Travel, hotels and car rentals
- Concert and event tickets
- Fitness and nutrition services and products

➡ **You can learn more about the Discount Center here.**

And remember these special features:

Televideo counseling	Meet with a counselor from the comfort of your own home with televideo services. <u>Learn more about Televideo counseling here.</u> ➡
myStrength	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. <u>Get more details on myStrength here.</u> ➡
Keep us in your back pocket	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. <u>See how you can use the app in this short video.</u> ➡

Members are saying things like:*

"Reduce my stress? That sounded like a dream — until I learned about my benefits. Now I know who to call for help with things like finding child care, managing debt, saving on big purchases and more. 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!"

Simply call or log on today.

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

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