Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna®

You can get services to help you live a better life today.

Aetna Resources For Living℠

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

You can get 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.

44.03.533.1-ARFL (8/15)

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 and self-assessments
- Webinars
- 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 and fitness discounts

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 memberships and supplies

You can learn more about the Discount Center here.

And learn more about fitness discounts here.

And remember these special features:

Televideo counseling	Meet with a counselor from the comfort of your own home with televideo services. **Learn more about Televideo counseling here.**
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. **Get more details on myStrength here.**
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. **See how you can use the app in this short video.**

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 communicating with my family, developing career goals and more. I can also 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!"

For more information, simply call or log on today.

1-888-238-6232
www.mylifevalues.com
Username: Pima
Password: County

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

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