



AETNA

EMPLOYEE ASSISTANCE PROGRAM

Help, when you need it most

There are times when you cannot do it alone. With Aetna's Employee Assistance Program (EAP), you don't have to.

Sometimes we experience difficulties that cannot be resolved without the assistance of a trained professional. Unresolved issues with substance abuse, stress, anxiety, home life, and work life can affect or undermine our quality of living.

How does the EAP work?

The Aetna EAP provides eligible employees and their families assistance with behavioral healthcare services that can help begin the process of resolving emotional or substance abuse issues. You and the members of your household are entitled to seven (7) face-to-face or telephonic meetings per year. The encounter with the counselor through the EAP is completely confidential.



What can the EAP help with?

The Aetna EAP can help you through uncertain times, by acting as your advocate whenever you or your dependents need treatment of the following:

- Emotional Difficulties/Depression
- Family/Relationship Problems
- Stress/Anxiety Issues
- Grief and Loss Issues
- Alcohol/Drug Abuse or Addiction
- Anger/Rage Issues
- Eating Disorders
- Life Transition Problems
- Gambling Problems
- Other Behavioral Addictions

For personal and confidential assistance, contact Aetna at **888.238.6232**, TTY 711 or visit www.resourcesforliving.com.

- Username: **USV**
- Password: **EAP**

