

Because the holidays can be tough

## Aetna Resources For Living<sup>SM</sup>

We all need a place to turn to when life gets overwhelming

Polk County Government and Aetna now offer you, all members of your household and your adult children up to the age of 26 **six** face-to-face professional counseling sessions that have no direct cost to you.

Also, on our new enhanced website at [mylifevalues.com](http://mylifevalues.com), we make available to you a wide range of services, articles, streaming video, monthly webinars, calculators, e-tools and more!

(User Name: **POLKSEAP** Password: **POLKSEAP**).

**Features and services include:**



### Unlimited, 24-Hour Telephonic Access

You have unlimited, toll-free telephonic access to EAP dedicated staff, 24 hours per day.

### Counseling Sessions

You, all members of your household and your adult children up to the age of 26 can each receive up to six face-to-face counseling sessions that have no direct cost to you (i.e., no copays or deductibles). If counseling beyond the pre-determined number is needed, Aetna EAP will facilitate additional counseling sessions through your medical benefits plan, when available.

### Comprehensive Provider Network

Aetna Resources For Living has a nationwide provider network for the counseling sessions described above, that is subject to the same credentialing standards applied to all participating Aetna network providers and includes psychologists, social workers, marriage and family therapists, etc.

### Interactive Web Resources

You have direct access to a full range of Web-based tools and resources, such as easy-to-find information, self-assessments and more, on a variety of relevant topics.

### Work/Life Services

You and your household members can access a wide range of services including consultation, information, education and referral services in connection with, in part:

- academic services
- adoption
- adult care and elder care
- child care
- consumer information
- grandparent as parent
- high risk adolescents
- home improvement
- parenting
- pet care
- special needs
- summer care
- temporary back-up care

**Take advantage of this help now...because we care about your health and wellness**

Web Site: [www.mylifevalues.com](http://www.mylifevalues.com)

User Name: **POLKSEAP** Password: **POLKSEAP**

Phone Number: **1-888-AETNA-EAP / 1-888-238-6232**

Aetna Resources For Living<sup>SM</sup> is the brand name used for products and services offered through the Aetna group of subsidiary companies. The EAP is administered by Aetna Behavioral Health, LLC, Aetna Health of California, Inc. and Aetna Health and Human Resources Company, Inc.

This material is for informational purposes only. All calls are confidential, except as required by law (i.e., when a person's emotional condition is a threat to himself/herself or others, or there is suspected child, spousal or elder abuse, or abuse to people with disabilities). Services are available to you and your household members, including dependent children up to age 26, whether they live at home or not.

Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).