



# Support

## Help your employees stay focused Aetna Resources For Living<sup>SM</sup>

Your employees can't always turn off family and other stresses at the beginning of the work day. That's why we've made it easier than ever for them to use their free counseling sessions.

With chat therapy,\* they can share concerns with a counselor anytime and just about anywhere. It's as easy as 1-2-3. They simply:

- 1. Complete** a short online questionnaire.
- 2. Choose** a therapist from a list of suggested providers.
- 3. Connect** with a counselor virtually.

### How it works

Members share text, video or audio messages with a licensed counselor whenever they like. Counselors will respond within one working day up to five days a week.

Chat therapy can help your employees:

- Improve focus and performance
- Find opportunities for development

*\*Please note:* Chat therapy is for individual counseling for members 13 years of age and older. Members have 120 days from the date of registration to use their sessions. Chat therapy should not be considered for meeting requirements for employment, school enrollment, disability or legal documentation.

**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.**

All EAP calls are confidential, except as required by law. Chat therapy services are provided and managed by Talkspace, Inc., an independent third party. Resources For Living does not oversee or control the services provided by or recommended by Talkspace and does not assume any liability for their services. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. For more information about Aetna plans, go to [aetna.com](https://www.aetna.com).

- Manage stress and other issues
- Miss less work

Chat therapy provides a quick and convenient option for members to reach out for emotional support. To learn more about chat therapy and other options for ongoing emotional support, give us a call.

No matter where they are in their journey, we'll be with your employees and their families every step of the way.