



*You balance a lot — work, home, family
and more. You don't have to do it alone.
We're here to help you stress less and
live more.*

**We're here for you and your household
members 24 hours a day, 365 days a year.
It's free and confidential.**

Real solutions for real life
Aetna Resources For LivingSM



ASEA/AFSCME Local 52 Health Benefits Trust
1-888-238-6232
www.rfl.com

Username: ASEA
Password: EAP

24 hour confidential access

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For legal disclaimers, scan the QR code
or visit **rfl.com/aetna-Disclaimers**.

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Life happens.

Stress less.

Live more.

Emotional support

"I was tired of trying to do everything to keep up. This service helps me take care of myself and my family, saving time so I can have what matters — a healthy, happy life I love."



Emotional support — Talk to someone about what's on your mind — stress, relationships, anxiety, depression and more. Meet face-to-face, by video stream or get in-the-moment support by phone.

Legal and financial



Legal — Speak with an attorney for things like guidance on small claims court, family or domestic issues and identity theft support.



Financial — Discuss budgeting, credit and more with a financial expert.

Daily life assistance and online resources



Daily life assistance — Let our specialists help you solve everyday issues and provide referrals for caregiving needs.



Member website — Check out video resources, articles, assessments, webinars, podcasts and more.



Aetna Resources For LivingSM

All EAP calls are confidential, except as required by law. 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).

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