

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 Living[™]

♥aetna[®]

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

> Username: ASEA Password: EAP

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

2922676-01-01-ASEA (12/23)





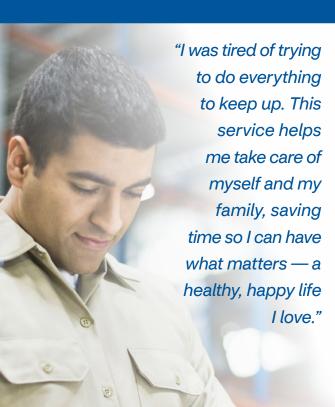
Life happens.

Stress less.

Live more.

Emotional support

Daily life assistance and online resources





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 —

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 Living[™]

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.

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