



Helping you balance work, life and everything in-between

Aetna Resources For LivingSM

Life in today's world can be hectic, complicated and stressful. Balancing the demands of your family, job and personal needs can be tough.

Thanks to Worklife Services, you can get help right when you need it. You can find solutions for child care, elder care and many other everyday personal, household and family issues, including (*but not limited to*):

- **Child care.** Childcare centers, family daycare homes, summer camps, nanny/au pair agencies, nursery schools, before and afterschool programs, kindergartens, care for children with special needs, pregnancy resources and adoption information
- **Elder care and care for adults with disabilities.** Medicare/Medicaid issues home health care, rehabilitation centers, nursing homes, adult day care, transportation services, support groups, meal programs, assisted living, emergency response, independent and assisted living options
- **Caregiver support.** Help with long-distance caregiving issues, respite services, community resources, support groups and referrals
- **School and college planning.** Information and referrals to schools and other educational programs from kindergarten through graduate level, private and public schools and schools for students with special needs
- **Convenience services.** Relocation, home cleaning, lawn and landscaping, plumbing, automotive, travel information, pet care, entertainment and dining

Legal/Financial services*

You can receive legal and financial guidance from qualified professionals, including a free initial 30-minute consultation, up to three issues each year. Typical financial matters include credit counseling, debt and budgeting assistance. You have easy access to:

- Reduced rate for continued services†
- Financial webinars
- Detailed wills and trust preparation

We're here to help with your everyday needs. 24 hours a day, 7 days a week.

There are two ways to access these services:

- **Your 24-hour toll-free member line:** With one phone call, you can reach a consultant who gathers information about your needs and then starts the research and legwork needed to identify resources for you. You receive detailed information on referral sources by e-mail, mail and telephone.
- **Your online member worklife services:** Through your member website, you can do your own search for resources from a network of over one million providers.



* Employees, spouses and dependent children up to age 26 (either in school or living in same household) are eligible for the Basic Legal benefits

† Reduced rate may apply for continued legal services only.

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