



Now you can see a counselor online

Aetna Resources For LivingSM

Now it's easier than ever to use your Employee Assistance Program (EAP).

You may have the option of meeting with a counselor from the comfort of your own home via televideo — or even on the phone. Of course you can still see a counselor in person. Your problems are unique and counseling should match that. Your provider can help you determine which option is a good fit for you.

Call on us for help anytime

What would you like to work on? When it comes to using your free EAP sessions, you've got more options than ever before. And there's no need to leave home to work with the same counselor for multiple sessions.

You can get help with:

- Anxiety and depression
- Family and relationship issues
- Caregiving
- Time management
- Work-life balance and more

Televideo makes it easy to tend to your emotional well-being

Do you have a webcam and the internet? If so, you may want to ask about televideo counseling.

Like face-to-face sessions, you and your counselor can see each other and work on your goals. It's the next best thing to being in the same room. Without the drive time.

With televideo, you can:

- Build rapport together with your counselor
- Fit sessions into busy days
- Cut out any travel time and expense
- Skip the waiting room

Now you can decide where you want to use your free EAP sessions. So you can be at home while we help you feel at home.

When you call your EAP for a referral, you've got new choices. Televideo makes it easier than ever to see a counselor on your schedule.



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