

Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

aetna®



## Support for balanced living

### **Aetna International Employee Assistance Program**

It's important to recognize when situations create an unhealthy amount of stress, distraction or worry. **Before any work or life issue becomes a larger problem, you can turn to our Employee Assistance Program for help.** We've designed this program to support what matters most to us — your total well-being. This service is available to you at no additional cost. It doesn't even require a copay.

When you're facing difficulties or want to strengthen your emotional health, you have two main avenues of assistance:

- Confidential counseling by phone or local referrals to meet a counselor in-person
- Self-help resources

#### **Real person-to-person help**

You and your family have access to free, confidential support for any work, life, personal or family issue — any day, at any time. You can get immediate counseling by telephone or information about local counselors. They can also provide referrals to local resources, including attorneys, financial professionals and more.

#### **Free worldwide assistance, 24/7/365**

- Up to 5 free sessions of counseling per issue, per year
- Support and resources available in your language
- Discretionary information not shared with your employer

## Help for anything you're going through

Professionals are ready to assist you with any issue that matters to you and your family, including:

- Improving family communication
- Striving for harmony between work and home life
- Coping with life changes
- Managing stress
- Surviving the loss of a loved one
- Living with anxiety or depression
- Addressing substance use or abuse
- Handling bullying and harassment
- Managing workplace pressures
- Navigating couples challenges
- Tackling parenting concerns
- Caring for an older person

## Easy access

No matter when, no matter where, you have easy access to support at no cost to you — just call or log in to get started.



Call the member services number located on the back of your member ID card.



Log in to your secure member website at [www.aetnainternational.com](http://www.aetnainternational.com).

## Self-help resources through myStrength™

Preventive health isn't just limited to medical issues. Now you can use myStrength — a new kind of online wellness tool — to help enhance your emotional well-being and support your mind and body.

Through myStrength, you can improve your emotional health and overcome depression, anxiety, substance abuse or other concerns. You can read articles, watch videos and try eLearning programs. Or just get inspired by the daily quotes.

This service is:

- Clinically proven
- Free and available 24/7/365
- Confidential
- Easy to sign up for using the link from your EAP website
- Customized with a home page created just for you

## On-the-go inspiration with myStrength app

You can download the myStrength app, which lets you:

- Get custom inspiration based on your mood
- Track your mood over time
- Upload your own inspiring photos and videos
- Choose to receive check-in reminders

*“myStrength.com is a great wellness tool for your mind, body and spirit! I love the daily inspirational quotes and wellness articles. [It's] a great way for me to proactively take care of myself.” — myStrength user*

**For more information on Employee Assistance Services, give us a call at the number on the back of your Member ID Card or log in to your secure member website at [www.aetnainternational.com](http://www.aetnainternational.com).**

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