



# Support

**Check on your emotional health in just a few minutes** | Aetna Resources For Living<sup>SM</sup>

Life can leave you feeling tired, anxious or sad. It can be tough to tell when reaching out for support might help you feel and function better. That's why we've created a new emotional well-being screener for you to use.

## How it works

The tool includes questions to help identify your level of distress and how life challenges may be impacting you.

The tool's questions are based on existing and validated screening assessments. Once you submit your responses, the tool may suggest:

- Online self-help tools
- Referrals to call us for emotional support
- Daily life assistance and other resources

**Aetna Resources For Living<sup>SM</sup> is the brand name used for products and services offered through the Aetna group of subsidiary companies (Aetna). The EAP is administered by Aetna Behavioral Health, LLC. and in California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.**

All EAP calls are confidential, except as required by law. For more information about Aetna plans, go to [aetna.com](https://www.aetna.com).

Take a brief screening to see if you can benefit from free services available to you today.