Check out these online tools and web tools and resources now available to your members.

Get information and advice on the things that matter to you
Your member website is a single source for information on your career, health and personal life. With just a few clicks, you can:
• Search for child or eldercare providers
• Learn about mental health issues
• Take well-being assessments
• Access self-help tools and information

Find discounts on millions of products and services
The online Discount Center features savings on brand-name products and services such as:
• Computers and electronics
• Gifts and retail shopping
• Travel, car rentals and hotels
• Fitness centers
• Restaurants and more

Access myStrength™ — the health club for your mind
myStrength is an easy-to-use online and mobile self-help resource for stress, depression, anxiety, substance misuse, insomnia, chronic pain and more.

myStrength provides:
• Daily custom inspiration
• Content based on the latest clinical research and professional advice from best-selling authors
• Resources to support your emotional well-being

Check out your member website today.

mylifevalues.com
Username: peaceofmind
Password: solutions

Aetna Resources For Living℠ 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. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to aetna.com.