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

aetna[SM]

Carekits

Aetna Resources For Living[SM]

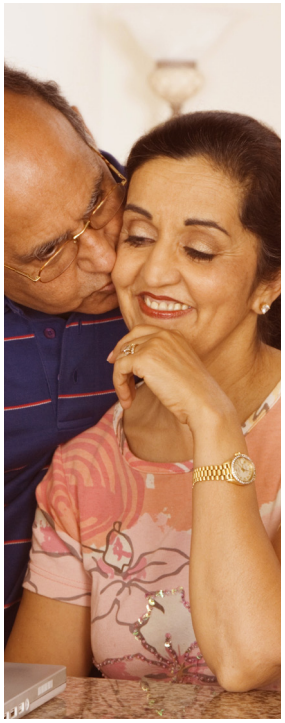
Pregnancy CareKit:
Expecting? This kit includes practical and personal care items for parents-to-be, as well as educational materials about furnishings and equipment for babies, tax considerations for family "additions," family medical leave and more.

New Baby CareKit:
Now that you're a parent, you've got lots of new responsibilities. This kit includes educational materials and a variety of items that may include a photo frame, one-piece bodysuit, bibs and nightlight to help you as you care for your new baby.

Child Safety CareKit:
As children grow, they find unique ways of getting into trouble! This CareKit contains information on managing safety issues for toddlers and young children. Also included are safety-related items such as a nightlight, safety latches or outlet covers.

Active Adult CareKit:
Health and safety are primary concerns in our adult years. This kit is perfect for yourself or someone in your household who is tackling new challenges. Some of the items included are a first aid kit, flashlight and other household items.

Elder CareKit:
If you're caring (or expecting to provide care) for an elderly relative or friend, you'll appreciate the educational materials in this kit including data sheets on home safety, managing medications and nutrition for elders. Additional kit contents are a nightlight, pillbox, and other helpful items.



Call 1-855-417-2493 to request a kit. You can visit AlaskaCare.gov, select "Employee", select "Information", select "Employee Assistance Plan" for information.

Aetna Resources For Living[SM] is the brand name used for products and services offered through the Aetna group of subsidiary companies. The EAP is administered by Aetna Behavioral Health, LLC, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

This material is for informational purposes only. All calls are confidential, except as required by law (i.e., when a person's emotional condition is a threat to himself/herself or others, or there is suspected child, spousal or elder abuse, or abuse to people with disabilities). Services are available to you and your household members, including dependent children up to age 26, whether they live at home or not.

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 **www.aetna.com**.

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