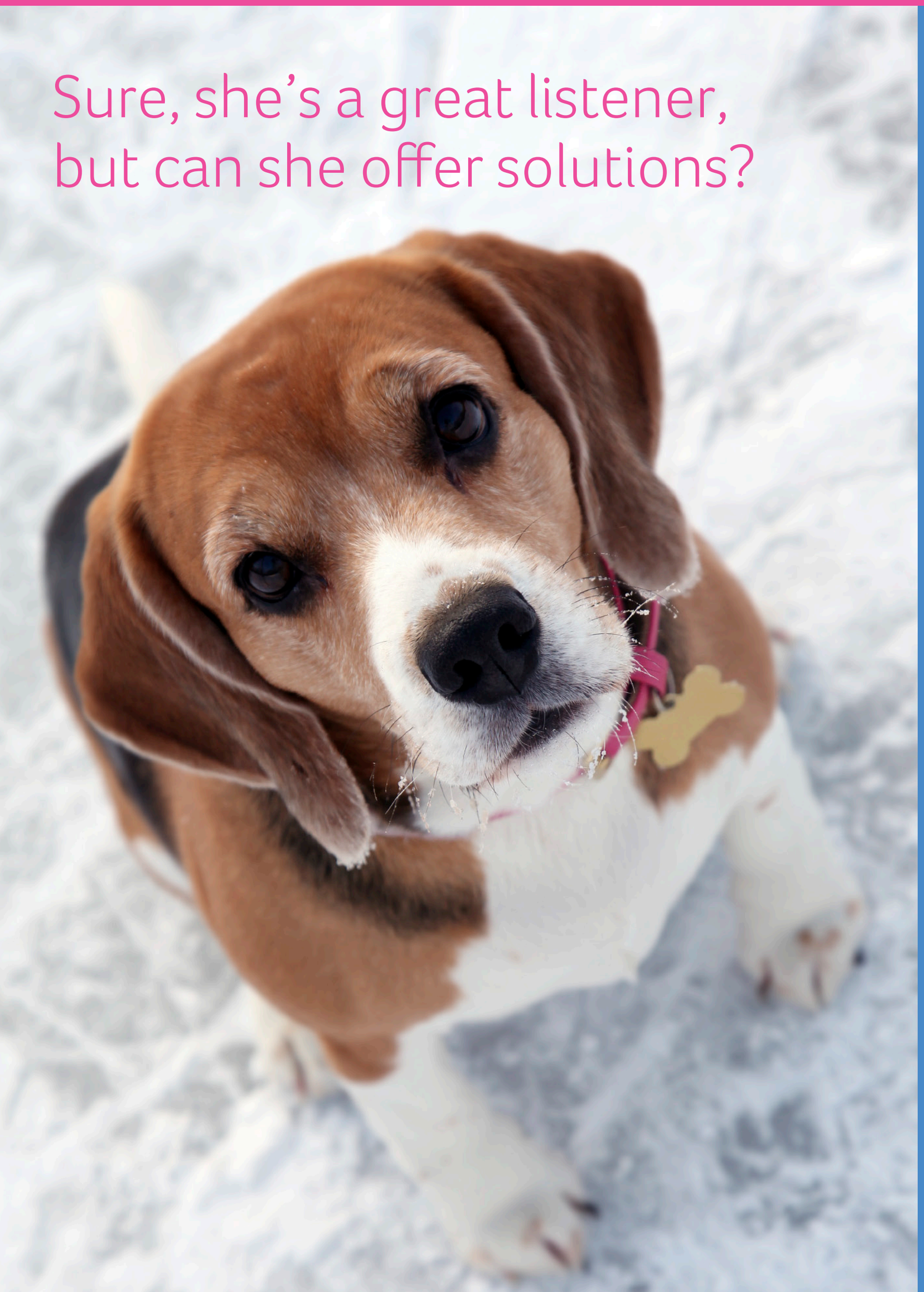
Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna℠

Sure, she's a great listener, but can she offer solutions?



When you need to pour your heart out, there's no one quite like the family pet. Loyal. Positive. And friendly.

But let's face it — Fido can come up woefully short on good advice. The next time you need to talk about an emotional issue, call Aetna Resources For Living.

We can assist you with:

- Depression
- Marital problems
- Financial worries
- Work-related issues
- Balancing work and family
- Alcohol or drug abuse

Aetna Resources For Living℠

Confidential assistance available 24 hours a day, 7 days a week

1-855-417-2493
Visit AlaskaCare.gov, select "Employee," "Information," "Employee Assistance Plan"

Aetna Resources For Living℠ 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 Company, Inc.

This material is for informational purposes only. All EAP 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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