

Make this your year



2014 Promotional calendar Aetna Resources For LivingSM

1st Quarter:

Make it healthy

January — Ignite

- Featured Webinar - Don't wait for Monday: Get motivated now!
- Monthly Awareness - Blood doner

February — Plan

- Featured Webinar - Being your best self: Self-esteem for adults
- Monthly Awareness - Heart health

March — Commit

- Featured Webinar - Wellness for busy people
- Monthly Awareness - Multiple Sclerosis

2nd Quarter:

Make it happy

April — Recharge

- Featured Webinar - Fighting the funk: Dealing with depression
- Monthly Awareness - Stress

May — Play

- Featured Webinar - Kids and their techno-toys: Parenting in the age of technology
- Monthly Awareness - Post-Traumatic Stress

June — Relax

- Featured Webinar - Time for you: Don't be part of the no-vacation nation
- Monthly Awareness - Men's health

3rd Quarter:

Make it work

July — Create

- Featured Webinar - The power of introverts in a world full of extraverts
- Monthly Awareness - Recreation and parks

August — Grow

- Featured Webinar - It's not me, it's you: Communicating with difficult people
- Monthly Awareness - Handling bullies

September — Learn

- Featured Webinar - You are who you're friends with: Choosing healthy relationships
- Monthly Awareness - Suicide prevention

4th Quarter:

Make it count

October — Reflect

- Featured Webinar - What's your happiness score? Tips on living a healthier, happier life
- Monthly Awareness - Domestic violence

November — Teach

- Featured Webinar - Life lessons: Talking to your kids about the facts of life
- Monthly Awareness - Living with Diabetes

December — Share

- Featured Webinar - Communicating across differences
- Monthly Awareness - HIV and AIDS

Aetna Resources For LivingSM 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.

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.