



Aetna Resources For LivingSM

Employee Assistance Program (EAP)

To access services:
1-888-238-6232
www.resourcesforliving.com
Username: local145
Password: eap

I.B.T. Local No. 145 Health Services and Insurance

Aetna Resources For Living is an employer sponsored program, available at no cost to you and all members of your household. That includes dependent children up to age 26, whether or not they live at home. Services are confidential and available 24 hours a day, 7 days a week.

Counseling and Relationship Support

- You can call our dedicated staff, 24 hours a day; you can also talk to licensed behavioral health professionals for emotional support
- Up to 3 counseling sessions per issue per year with licensed network professionals at no cost to you; you don't have to worry about copays or deductibles
- Counseling sessions are available face to face, by phone or televideo
- Support, consultation and resources for a range of issues such as: helping you balance work and home life, family relationship issues, depression, conflict management, alcohol/substance abuse, stress management and more

Web-based Resources

- A customized website which offers a full range of tools and resources on behavioral health and worklife balance topics. Most sections of the website are available in Spanish. Website links include:
 - Articles and self-assessments
 - Access to worklife service providers
 - Stress Resource Center
 - Live webinars and on-demand library
 - Mobile app
 - myStrength – a “health club” for your mind
- Discount Center with discounts on brand-name products and services, including computers and electronics, theme parks, movie tickets, local attractions, travel, gifts, apparel, flowers, jewelry, fitness centers and more



Worklife Balance Services

- Consultation, information, and assistance with locating resources such as:
 - Child care, parenting and adoption
 - Summer programs for kids
 - School and financial aid research
 - Care for older adults
 - Caregiver support
 - Special needs
 - Pet care
 - Home repair and improvement
 - Household services
- Care kits related to prenatal, child care or adult care



Legal Services

- ½ hour free consultation* (by phone or in person) with a participating attorney on up to 3 new legal topics (each plan year) related to:
 - General, family and criminal law
 - Elder law and estate planning
 - Divorce
 - Bankruptcy
 - Real estate transactions
 - Mediation services
- A discount of 25% off the hourly rate charged by the participating attorney for any legal services not covered by plan rate and/or beyond the ½ hour initial consultations referenced above (excluding flat legal fees, contingency fees and plan mediator services)
- Services are available to employees, spouses and dependent children up to 26 in school or living in the household; employment law is excluded

**Document review is not available within initial consultation*



Financial Services

- ½ hour free consultation for up to 3 new financial topics each plan year. Topics include:
 - Debt management
 - Credit repair
 - Debt consolidation
- Live and on-demand money management webinars
- Services are available to employees, spouses and dependent children up to 26 in school or living in the household

Aetna Resources For LivingSM 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. In California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

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