

Your solutions for real life

Adobe's Aetna Employee Assistance Program (EAP)

Did you know you've got a whole toolbar of solutions you can use anytime you need a little extra support?

All it takes is one call to 1-800-884-9565. Wellbeing partners will listen and guide you to the right support. Wellbeing partners take the confusion out of wondering what's available to you or how to get started so you can focus on what matters. And they're available by phone or Live Chat.

Help is available 24 hours a day, 365 days a year, and best of all, every tool in your Resources for Living toolbar is free for you to use as part of your Adobe Employee Assistance Program (EAP). Your EAP counseling benefit includes 10 free sessions too.

Watch how John, Robin, and Steve use their Employee Assistance Program (EAP) to create improvements in their day-to-day.

John's story

John moved his father in a few months ago and has been worried about leaving him alone during the day. He called 1-800-884-9565 and a wellbeing partner guided him to the Work-Life tool to find out about elder care options in his area. He got information about several home-health agencies so his dad can get in-home care during the day.

John also learned about his emotional support options since talking to a counselor may help him feel less stressed. With little free time, he chose to work with the counselor over the phone. It worked out great, no travel time.

John connected with a wellbeing partner using the Live Chat tool on his member website. She connected him to some local support groups to help manage his caregiving stress.

John's wellbeing partner also helped him take advantage of the Financial Services tool, and work with a specialist to set a new budget and make use of all the resources available for him and his father. The wellbeing partner helped John accept that his concerns are normal and gave him credit for everything he's doing for his father's well-being.

John feels less stressed, knowing that he has a plan, and count on the many different tools whenever he might need them.

Robin's story

Robin just adopted a child, Ashley. When some documents that didn't make sense arrived in the mail, Robin called to access the Legal Services tool. She also found that she can get referrals to child-care providers and tutors with the EAP's Work-Life services tool.

Robin learned the Emotional Support tool also allows everyone in your household to meet with a local counselor one-on-one, or together, to help adjust to all the changes. And the wellbeing partner told Robin about myStrength, an online tool for keeping her moods and thoughts positive, even on her toughest days. Robin also used the TalkSpace tool to text with a counselor and get extra emotional support on her own time.

Steve's story

Steve and his wife Katie have been having trouble communicating since they moved to a new city. It seems like they're arguing even when they're out having a good time. Steve called and made use of the EAP's Resources for Living In-the-Moment Support tool.

It became clear to him that he's been getting angry much more than usual lately. Steve doesn't like the idea of going to a provider's office, so the wellbeing partner suggested the Televideo tool. It's a new way he can work with the same counselor for multiple sessions in the privacy of his own home. Using his home computer, Steve spoke with a counselor through a live video chat. He learned ways to communicate with Katie without triggering an argument. He also got ideas on how to channel frustrations when driving in traffic to and from work.

Confidential services 24 hours a day, 7 days a week

You don't have to know which tool you can use before you call. Your wellbeing partner is here to guide you to the tools and resources that fit your needs and your busy schedule. We'll find the right tool from your EAP's Resources for Living toolbar together.

Aetna Employee Assistance Program (EAP) 1-800-884-9565

mylifevalues.com

Username: Adobe

Password: EAP

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