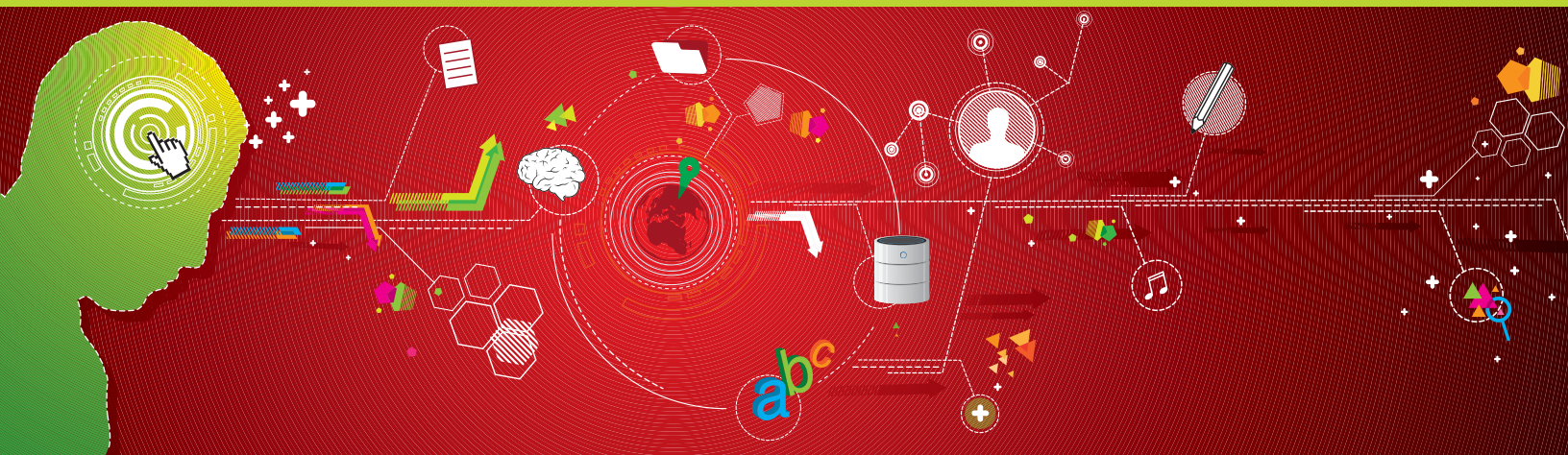


Resources *for* Living®



MyBrainSolutions program

Outside stress and distractions can make a big impact on an employee's work behavior. If there was a way to help your employees develop a new-found focus and positivity, would you do it?

Here's your chance! Resources For Living has partnered with **MyBrainSolutions** to develop an interactive brain training site that is specifically designed to reduce stress, boost memory and maximize positivity.

MyBrainSolutions offers a brain assessment and training tools to help measure and improve four key areas of brain performance:

- Emotion
- Thinking
- Feeling
- Self-regulation

Employees will be matched with interactive brain exercises, as well as videos and a system to track their progress. By earning "brain points" for completed activities, participants will develop ways to maximize their personal performance — which positively impacts employee retention and productivity.

MyBrainSolutions offers:

- Personalized assessments of individual strengths and weaknesses
 - Brain training to enhance mental awareness and acuity
 - Activities designed to reduce stress and shift focus toward positivity
 - Training to replace the negative and focus on the positive
- Want to give your employees the best? Help them know, train and optimize their brains!

Talk to your Resources For Living Account Executive today to learn more.

For more information call your Account Executive or email Sales at AetnaBH_EAPSales@aetna.com.

The EAP is administered by Resources For Living®.

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.