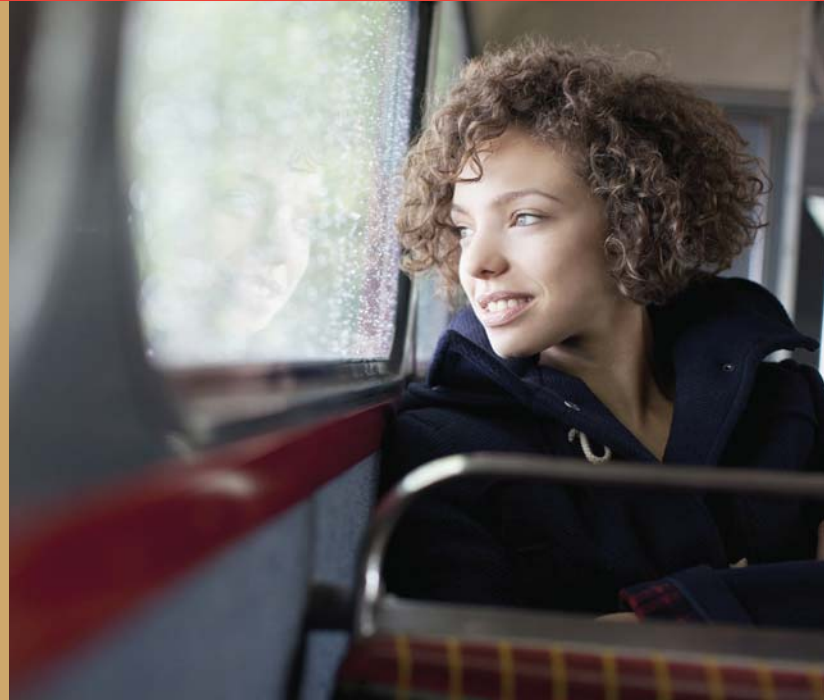


## Return to Work Assistance

Are you preparing to return to work following a maternity or disability leave of absence? After a long absence, it's only natural to have questions and even some concerns:

- What can I do to prepare for my return?
- How will I stay well and manage everything once I'm back?
- Where can I get help if I need it?
- What resources are available to meet my family's needs?



### You've got help when it comes to getting back to work.

Here are just a few of the ways we can offer support:

- Helping you make a plan for returning
  - Working with your manager for a smooth transition
  - Supporting your health and wellness as you get back to work
  - Providing individual counseling for managing stress or overcoming anxiety
  - Offering family counseling to help family members adjust to the changes
- Finding resources for creating a healthy worklife balance
    - Child care and elder care providers
    - Home maintenance and repair services
    - Community support resources
    - Financial consultation for managing money, getting out of debt and more
    - Legal help in areas such as family or elder law, bankruptcy, real estate and more

We're here to help you make your return to work a successful one. Simply call anytime, 24/7.

For more information call your Account Executive or email Sales at [AetnaBH\\_EAPSales@aetna.com](mailto:AetnaBH_EAPSales@aetna.com).

### The EAP is administered by Resources For Living, LLC.

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