



# Together

## Real solutions for real life Aetna Resources For Living<sup>SM</sup>

It can be hard to stay on top of the demands of work, family and finances. There are times when each of us could use a little extra help.

And for those times, we're here. We'll join with you — so you can manage and enjoy your life more. We can help you:

- Communicate your needs
- Enhance your relationships
- Learn new coping skills
- Boost your resilience
- Build your confidence
- Reach your potential

Meet life's challenges with new tools, skills and a "can do" mindset. Start now.

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