Today’s educators and support staff do it all. But they’re also facing higher rates of stress, anxiety, depression and high blood pressure. With this valuable complement to our A+ for Schools™ program, your customers get solid support to reverse these trends for a healthier, more balanced workforce.

Aetna Resources For Living™ is the brand name used for products and services offered through the Aetna group of subsidiary companies (Aetna).

The Employee Assistance Program (EAP) is administered by Aetna Behavioral Health, LLC, and in California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.
<table>
<thead>
<tr>
<th>Emotional support</th>
<th>In person: Six free visits per issue, per year with a master’s-level counselor</th>
<th>By phone: 24/7 help line and clinician support (family members, too)</th>
</tr>
</thead>
<tbody>
<tr>
<td>When employees need help, they choose how</td>
<td>Online: Face-to-face televideo counseling</td>
<td></td>
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<table>
<thead>
<tr>
<th>Onsite workshops</th>
<th>Course listings</th>
<th>Crisis support</th>
</tr>
</thead>
</table>
| Four onsite courses, customer choice of topic* | • Coping with anxiety  
• Managing challenging interactions  
• Controlling emotions under pressure  
• Overcoming compassion fatigue  
• Handling stress and achieving balance  
• Preventing burnout | Crisis consultants will:  
• Coordinate all services  
• Provide communications  
• Stay connected to assess needs |

<table>
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<tr>
<th>Online tools</th>
<th>Member website</th>
<th>Crisis coordination</th>
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</table>
| Self-support resources | • Health and emotional information  
• Webinars, self-assessments and videos  
• Topics like ADHD, stress and classroom management | If appropriate, we can:  
• Coordinate onsite services for natural disasters, workplace violence, employee death and more  
• Come onsite to offer immediate psychological first aid by certified providers |

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<tr>
<th>Caring consultation</th>
<th>myStrength™ app</th>
<th>To learn more, contact your Aetna® rep. Or visit Aetna.com/PublicSchools.</th>
</tr>
</thead>
</table>
| Crisis consultants will:  
• Coordinate all services  
• Provide communications  
• Stay connected to assess needs | • Practical videos, assessments and daily inspiration  
• Topics like insomnia, depression and chronic pain  
• 100% confidential |

myStrength is a registered service mark of myStrength, Inc.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice.