



CONFIDENTIAL ASSISTANCE PROGRAM

Aetna Resources for Living Confidential Assistance Program (CAP)

Aetna Confidential Assistance Program (CAP) and Worklife Services are available to you, all members of your household and your adult children up to the age of 26 regardless of your medical insurance coverage. Services are free and confidential and are available 24 hours a day, 7 days a week.

Aetna is available to provide resources to make life easier. You can find services for all aspects of wellbeing, including:

- **Emotional support**—Talk to a counselor about what's on your mind—stress, relationships, mood issues, and more. You can meet over the phone, face-to-face, or online by video stream.
- **Legal**—Speak with an attorney about basic legal issues like estate planning and tenant disputes.
- **Financial**—Discuss budgeting, credit, and more with a financial expert.
- **Daily life assistance**—Let the specialists help you solve everyday issues and coordinate caregiving needs.
- **Website**—Check out articles, quizzes, webinars, and more.

We're here to help you stress less and live more

Call **1.866.317.8940**, or you can reach us online at www.resourcesforliving.com.

Username: **RICHSCAP**

Password: **CAP**

Here's What People Are Saying

"My health matters. Aetna Resources For Living helped me manage my stress and relax. Now I can sleep better, breathe more and feel like the best version of myself."

"I'm sandwiched between caring for my aging parents and my children. But Aetna Resources For Living helped me find what I needed— transportation for my mom, childcare for my kids, and emotional support for me."
