



Wish you could see a counselor, but just can't find the time?

Now you can — with EAP televideo counseling services

Aetna Resources For LivingSM

Even on your busiest days — or when you're on the road — you can still have visits with a professional counselor. How? With your EAP televideo services. All you need is a smartphone or webcam on your computer. Here's how it works:

- Set up appointments with your counselor as you would normally do
- Meet via televideo and see each other face-to-face while you're talking
- Get help with stress, depression, family issues and more
- Work on your goals and get support
- And... skip sitting in traffic and the waiting room

It's easier than ever to take care of yourself with your Employee Assistance Program (EAP). Call us anytime to learn more.

1-855-574-HISD (4473)

www.mylifevalues.com

Username: HISD

Password: EAP

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

All EAP calls are confidential, except as required by law. Services are available to you and your household members, including dependent children up to age 26, whether they live at home or not. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. EAP instructors, educators and network participating providers are independent contractors and are neither agents nor employees of Aetna. Aetna does not direct, manage, oversee or control the individual services provided by these persons and does not assume any responsibility or liability for the services they provide and, therefore, cannot guarantee any results or outcomes. The availability of any particular provider cannot be guaranteed and is subject to change. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.