



Services for every stage of your life

Aetna Life EssentialsSM

With Aetna Life and Disability insurance coverage, you not only get financial protection for your loved ones. You also get tools and services to use **today** for a healthy, fulfilling life. This is what Aetna Life Essentials is all about.

Employee Assistance Program (EAP)

Everyone needs a little help sometimes. Aetna Resources For Living, our comprehensive Employee Assistance Program, is there when you need it. This confidential and round-the-clock support offers support and resources for you.

Common Issues include:

- Mental health and well-being
- Personal and professional relationships
- Substance Abuse
- Family Life
- Daily Stress

Online worklife resources include:

- Free webinars
- Online childcare
- Eldercare
- Education searches
- Discount Programs
- Thousands of articles, videos and tolls on worklife and behavioral health topics

Ready when you are

We're available 24/7 by phone or online. Contact the Aetna EAP anytime toll free 1-855- 283-1915. Or visit www.mylifevalues.com. Both your username and password are: "RESOURCES"

This program also includes three face-to-face counseling sessions a year with an EAP network provider. There is no charge to you or your family for using the program. However, if you choose to use any referrals to additional resources, their charges, if any, would be your responsibility.

Travel Assistance Program

With the Aetna Travel Assistance Program, you and your immediate family members (spouse and children under the age of 26) have direct access to 24/7 support when traveling more than 100 miles from home- up to 120 days.

Covered Services:

- Medical support and emergencies (coordination of hospital admission, prescription dispatch, medical & dental referrals)
- Evacuation services
- Transportation for you and your loved ones (If you are traveling alone and have a medical emergency and will be hospitalized for more than 7 days, we'll bring a family member to you, including round trip transportation)
- General travel services and emergencies (Relay of emergency messages, lost document assistance, legal referrals, bond assistance, emergency cash advance, etc.)

Outside the U.S.: 312-935-3807

Within the U.S.: 877-935-3704

E-mail: aetnatravelassistance@axa-assistance.us

Everest funeral and concierge services

You can access information and tools to prepare and manage all issues surrounding a funeral through our partner, Everest Funeral Planning and Concierge Services, LLC. You can use Everest to help preplan arrangements, or use them at your time of need.

There is no cost for these services:

- **24/7 advisory assistance:** Immediate help with all aspects of planning a funeral.
- **Price comparisons:** Everest will research funeral home costs in your area to help you make a decision.
- **Price negotiations:** Everest will help negotiate with your chosen funeral home to help you get your needs met at the best available price.
- **Help paying claims:** Everest will help get funeral expenses paid from the life insurance payment so that your family does not have to worry about the financial and claims process.

You can talk to an adviser any time of day or night at **1-800-913-8318**. Or you can visit www.everestfuneral.com/aetna.

Your company code is: **AETNA0100**

Financial services

You can receive one-on-one advice and financial guidance with a licensed Merrill Edge Financial Solutions Advisor™. They are available to you whether you're an active employee, a retiree, a terminated employee with ported coverage or a beneficiary of a deceased life member. Call **1-844-528-9675** and press option 1. Identify yourself as an Aetna member or a beneficiary of an Aetna member when calling.

Legal services

With the Legal Reference™ program, you and your spouse can get free, online estate planning services. These include:

- Living wills
- Identity Theft Kit
- Durable financial power of attorney and Health Care Directive

Plus — you can create a will and can update it at any time. To learn more, call **1-888-257-2934**. Or visit us at www.ichooselegal.com.

Physical services

An important part of living longer is staying healthy. You have access to the Aetna Discount Program that offers discounts such as:

- Vision
- Hearing
- Fitness
- Oral health care

Care advocacy program

We offer a social work service that gives you telephone access to a master's-level social worker if you:

- Are permanently and totally disabled
 - Are terminally ill and are applying or have been approved for an accelerated death benefit
 - Have an injury that has resulted in a loss covered by the accidental death and personal loss coverage benefit

Our social workers offer:

- Education about coverage
 - Referrals to local and national programs that may provide housing, food, insurance, prescription and financial assistance, emotional support and referrals to behavioral health services
 - Experience with members dealing with advanced illness, including those who use Medicare

To learn more, call **1-800-276-5120**.

End-of-life support

You can use the Aetna Compassionate CareSM program website to be better prepared during this challenging time. You can find:

- Advice on how to start talking about end-of-life issues
- End-of-life care information
- Printable checklists

Whenever you need to, visit

www.aetnacompassionatecare.com.

Grief counseling

We're here when you need to talk. You and your family members can speak with an Aetna Behavioral Health representative. You have up to three telephone bereavement or grief counseling sessions.

To speak with someone, call **1-800-806-8891**.

Wellness Discount Programs

An important component of living longer is staying healthy. Through Aetna Life Essentials program, you have access to the these discount offerings and many more at no extra cost: Jenny Craig, Nutrisystem, Vision and LASIK discounts, Hearing, Oral Health, Fitness blood pressure monitors, toys, electronics, apparel, grocery, dining, family care, concert tickets, etc. Find these and many more at <http://www.aetna.com/aetnalifeessentials/discounts/index.html>

More than life insurance. It's your essentials for every stage of life. To learn more, visit www.aetnalifeessentials.com.

Life insurance policies are offered and underwritten by Aetna Life Insurance Company (Aetna).

Securities and investment advisory services are independently offered through Chase Investment Services Corp. (CISC), a subsidiary of JPMorgan Chase Bank. CISC is a full services broker-dealer and a registered investment adviser.

Legal Reference Program services independently offered and administered by ARAG North America (ARAG). Aetna does not participate in attorney selection or review, and does not monitor ARAG services, content or network.

Not all health and/or life services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. 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**.

Policy forms issued in Oklahoma include: GR-9 and/or GR-9N, GR-29 and/or GR-29N.