



At your service

Self-paced support keeps getting better Aetna Resources For LivingSM

Improve your emotional wellbeing on your own timetable. A newly enhanced myStrengthTM experience is waiting for you. Start with a short assessment. Based on your responses, you'll receive resources personalized just for you.

myStrength recommends activities and sends you reminders. In addition to tracking your progress, your personal plan adapts to changes in your needs over time.

Learn from updated and refreshed digital courses. They're structured to support your emotional wellbeing when it comes to:

- Stress and anxiety
- Depression
- Addiction
- Relationship and gender issues
- Getting better sleep
- Pregnancy and early parenting
- Chronic medical conditions
- Trauma
- Balancing emotions

Sign up or log on for personalized support on your schedule. It's easy to get started. Give myStrength a try today.

Visit your member website and go to Services > myStrength to register or log in.

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, Health and Human Resources Center, Inc.

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