



# Peace of Mind

**Resources For Living<sup>®</sup> is here to help**

## Make life easier and more enjoyable

Health isn't just physical. **Happiness and peace of mind** play an important role in living your best life. The Aetna Medicare Advantage **Resources For Living program** may help you achieve that. With just one call, a life consultant can help you find services and support in your area. And the phone call doesn't cost you anything. You'd pay the cost of any services you decide to use. This may include:

### Help at home

- Cleaning
- Cooking
- Grocery shopping
- Personal hygiene
- Home-delivered meals
- Maintenance and repairs such as plumbing, electrical, heating/air conditioning, appliances
- Car care/maintenance
- Pet care
- Lawn and landscape
- Housing (short- and long-term)
- Realtors

### Out and about

- Classes to learn skills and explore personal interests
- Transportation
- Social and recreational activities

### Help for your caregivers

- Caregiver support groups
- Respite facilities for short-term care to relieve caregivers
- Life assistance to manage everyday issues

### Learn more

#### Not yet a member?

Get more details about the Aetna Medicare Advantage plan and Resources For Living program at **1-866-234-3129 (TTY: 711)**, Monday – Friday, 8 a.m. to 6 p.m. (all time zones)

#### Already a member?

Find out how to start using these services at **1-866-370-4842 (TTY: 711)**, Monday – Friday, 8 a.m. to 6 p.m. (all time zones)



# How we've helped

Here are stories of how the Aetna Resources For Living program has helped actual members.\*

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// *An Aetna member lives in his home, while his wife, who has Alzheimer's, lives in a care facility. He was having trouble affording all of their bills and wanted help getting their legal documents in order. The Aetna life consultant spoke with the member about options for paying for long-term care and possible benefits he may have as a Veteran. The life consultant also provided him with phone numbers to get more information about local waiver programs, free legal assistance and his VA benefits. The member was very grateful and thanked the life consultant for assisting him and giving him somewhere to start to get a handle on these issues.* //

— Aetna member, Care Support

// *An Aetna member is 88 years old and cannot drive on his own. He was looking for affordable transportation in his area to help him run errands, such as going to the grocery store and the bank. The Aetna life consultant was able to connect the member to several local transportation options. At the end of the call, the member appreciated the resources we found for him. He said, "Aetna's been wonderful to us. For the last two years I've been with Aetna, and everyone's been very nice and helpful. I'm very happy and appreciative of the services."* //

— Aetna member, Care Support

\*Actual member stories collected telephonically in April 2018. Names have been removed to protect privacy.

Aetna Medicare is a PDP, HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premium and/or co-payments/co-insurance may change on January 1 of each year. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.



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