Peace of mind

Resources For Living® 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 **Resources For Living program** may help you achieve that. With just one call, a consultant can help you find services and support in your area. There's no additional cost to call Resources For Living. And we don't get paid to refer you to any services. If you use services that have costs, you'll need to pay those fees. 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 to Friday, 8 AM to 6 PM (all time zones)

Already a member?

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

aetna®

How we've helped

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

Mary and Bob have been married for 53 years. Unfortunately, Bob suffers from dementia and Mary has been Bob's caregiver for the past several years. Although Mary's love for Bob is unwavering, she finds the demands of caregiving tiring and challenging. She could really use a break. A Resources For Living consultant connects Mary with adult daycare services available in her area. Bob now enjoys a stimulating day each week, and Mary finds guilt-free time for herself to reconnect with friends and her interests.

— Aetna member, Care Support

Fran's hip replacement was successful and she's completing a discharge planning education session with Nurse Pat from the Aetna Clinical Nurse team. Pat learns that Fran doesn't have a support network at home — her children live in different cities. She connects Fran with a Resources For Living consultant. Knowing that Fran won't be as mobile after her surgery, the consultant connects Fran with Meals On Wheels and a community transport program in her area. Now Fran can simply focus on healing.

— Aetna member, Care Support

FOR MEMBER EXPERIENCE EXAMPLES: *These are examples of actual members who have used Resources For Living. We've changed their names to protect their identity.

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. Resources For Living is the brand name used for products and services offered through the Aetna group of subsidiary companies.

©2024 Aetna Inc.
Y0001_GRP_3568507_2024_C
3568509-01-01 (06/24)

aetna®

AetnaRetireePlans.com