Download the free mobile app
Aetna Resources For Living℠

Healthy living has never been so easy

We want you to be healthy, happy and productive. And convenience is key to living a healthier lifestyle. That's why we're excited to offer the free Resources For Living mobile app.

Healthy tips are just a click away

You're always on the go. With the demands of work, family and friends, when can you take care of yourself? Now with our new mobile app, you'll always have access to:

- **Instant tips to improve your mood** — You can rate your day and get a personalized response to help you feel better or continue feeling great.
- **Practical pointers for managing stress and anxiety** — You can learn more about what causes stress, do some relaxation exercises or even manage stress at work.
- **Critical work-life balance skills** — You can get ideas and inspiration for better time management.
- **Contact form** — You can contact us to access all your Resources For Living benefits at your convenience.

Install the app today

Simply search for "Resources For Living" in your device's app store or the Google Play Store to install today.

Handy, supportive and healthy; with our mobile app, we're there anytime, anywhere. You're always on the go — we'll go with you!

800-342-8111 (TTY: 711)
resourcesforliving.com
Username: Calexico
Password: EAP

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All EAP calls are confidential, except as required by law. Provider participation may change without notice. For more information about Aetna plans, go to **aetna.com**.

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