Helping you balance work, life and everything in between

Aetna Resources for Living℠

Thanks to Worklife Services, you can get help right when you need it. Find solutions for child care, elder care and other everyday personal, household and family issues, including:

- **Child care.** Childcare centers, family daycare homes, summer camps, nanny/au pair agencies, nursery schools, before and afterschool programs, kindergartens, care for children with special needs, pregnancy resources and adoption information.
- **Elder care and care for adults with disabilities.** Home health care, rehabilitation centers, nursing homes, adult day care, transportation services, support groups, meal programs, assisted living, emergency response, independent and assisted living options, Medicare/ Medicaid issues and geriatric care management.
- **Caregiver support.** Help with caregiver needs, respite services, community resources, support groups, referrals and long-distance caregiving issues.
- **School and college planning.** Information and referrals to schools and other educational programs from kindergarten through graduate level, private and public schools and schools for students with special needs.
- **Convenience services.** Relocation, home cleaning, lawn and landscaping, plumbing, automotive, travel information, pet care, entertainment and dining.

There are two ways to access these services:

- **Your 24-hour toll-free member line:** With one phone call, you can reach a consultant who gathers information about your needs and then starts the research and legwork to identify resources for you. You can receive detailed information on referral sources by email, mail and telephone.
- **Your online member Worklife Services:** Through your member website, you can do your own search for resources from our network of service providers.

We're here to help with your everyday needs 24/7.

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

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