

Staying healthy and focused while managing stress

Stress management program

The life of an international individual can be tough — there are cultural challenges, the stress of adjustment and family concerns to manage. Fortunately, there's a solution for you to turn to — our Stress Management Program. This program can help you face these situations so that you and your family can have a successful experience.

We can help you manage stress

Stress is natural, but when the pressures of life, family or your work build up or new issues arise as they often do, help is a phone call away. Our Stress Management Program can help you manage stress by providing access to five sessions with a stress management professional and online stress management tools.

Additional details on the services available to you:

- Access to five confidential face-to-face or telephone sessions with a trained counselor (per plan year). Your sessions can help you:
 - Identify signs and symptoms of stress;
 - Start a stress diary;
 - Develop an action plan; and
 - Develop coping skills.
- Online stress management tools and resources
- Work/life resources

It's confidential, it's 24/7, and it helps you keep everything in balance.

We're here for you

Maintaining a healthy balance and focus are key to your health. You can trust that you have access to around-the-clock resources to support you in stressful times.

It's easy to use the program. Here's how you can get support:

By phone

Call the Aetna International Member Service Center at the telephone number on your member ID card and ask to be transferred to the International Employee Assistance Program.

Online

1. Visit www.AetnaEAP.com.
2. From the drop-down menu, select *Aetna IEAP*.
3. In the field *Enter Company ID*, type "MYINTEAP" and then click the *Go* button.

You can also visit the Aetna International Wellness Center to access a variety of stress management resources, including stress management tips, ways to cope with culture shock and more. Just log in to your Aetna International secure member website at www.aetnainternational.com and select *Resources > Wellness Center*.

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