



Wellness Resources

Aetna Living Resources Program

Available at no cost to employees, children up to age 26, and household member whether or not they're related to the employee. Eligible members have access to the following services:

- Three face-to-face or televideo sessions per year with a master's level counselor.
- All the features of the Aetna Resources for living mobile app.
- Secure member website with free resources including videos webinars, articles, assessments and more.
- Legal and financial guidance from qualified professionals
- Work life Resources
- MindCheck – Emotional wellbeing assessment tool
- myStrength – eLearning aimed at supporting mental health and emotional well-being

Aetna Peerfit

Access to group fitness classes without any membership cost or long-term commitments. You receive monthly credits you can redeem up to four standard classes.

- Go to <https://peerfit.com/> and Sign Up

Aetna TELADOC

Access to quality care at your fingertips. Set up your account at www.Teladoc.com/Aetna or call 1-855-835-2363.

- Everyday Care
- Medical Health Care
- Dermatology

MYFIT24 Membership

Gym membership available at no cost to your or your family members.

Please reach out to Human Resources for additional information.