

Caring for Children

Locating childcare

- Infant Care
- Before & After School
- Summer Camps
- Nannies

Planning for college

- Recognize Your Feelings
- Enjoy Your Freedom
- Be Kind to Yourself & Your Child
- Financial Planning

Special Needs

- Autism Support
- Learning Disabilities
- Support Groups



Caregiver Resources

Organizations

- The Family Caregiving Alliance (caregiver.org)
- Administration on Aging (aoa.org)

Support Groups

- Caregiver Action Network (caregiveraction.org/forum)

Professional Counselors

- Resources for Living (resourcesforliving.com)

Friends & Family

- Help with caring for your loved one
- Help taking your loved one to appointments

Caution: Don't try to do it alone.



Resilience is your key to stress management

Emotional Support

- Skills to manage stress
- Ways to find meaning in negative events
- Tips to build optimism
- Habits of resilient people

Resources & Information

- Tips and strategies for managing stress
- Assessing and tackling your goals
- Mindfulness at work



What is Resources for Living?

- A confidential counseling and referral service for you and your household members
- An avenue of assistance for managers and employees whose personal life may be negatively impacting their work performance and attendance
- An employee support program, funded by UCF, to help you be happy, productive and well



Key Components

In-the-moment telephonic support

- Unlimited

Professional counseling sessions

- 3 sessions per issue per year

Legal & Financial services

- 30 minute consultation per issue per year
- 25% off hourly fees

Crisis support



Benefit features

Cost-free*

- No premium, no deductible, no co-pay, no co-insurance

Access

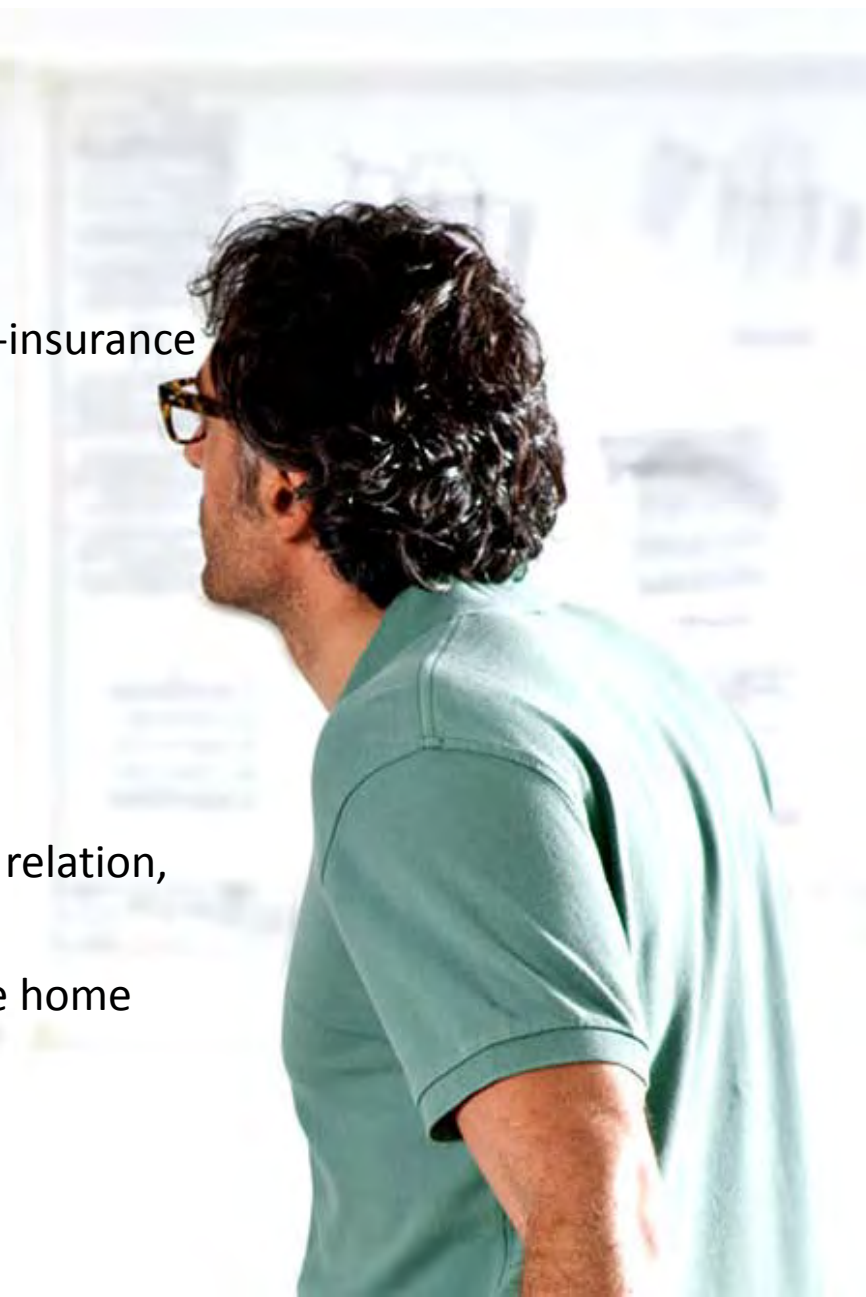
- Confidential; No information is sent to Aetna
- No ID cards, no SSN collected
- Just provide the name of your Employer

Who's eligible?

- You (first day of hire)
- Anyone in your household (regardless of age, relation, health insurance coverage)
- Dependents up to age 26 that live outside the home

Unlimited telephonic consultations, 24/7

National provider network



In-the-moment telephonic support

Marital/relationship

Stress

Depressed Mood

Parenting/child care

Career/job issues

Grief and loss

Addictions

Caring for parents

Retirement

Debt Management

Legal matters

Anxiety

Achieving Life Balance



Professional counseling sessions

The counseling benefit is a free source of support for you.

- Create better work and family balance
- Understand and accept your feelings, build coping skills and learn ways to handle the challenges of caregiving
- Conduct family meetings to air hurts and conflicts and find ways to move on
- Find ways to care for yourself as well as others



Website

English | Español

aetna
Aetna Resources For Living™

Real solutions for
real life


1-800-272-7252
Confidential services
24 hours a day, 7 days a week

Enter keywords: Search [How to search](#) [home](#) • [logout](#)


Home

Family | Health | Life | Workplace | Benefits | What's New


Welcome UNIVERSITY OF CENTRAL FLORIDA



Conflict is natural in human interaction. Here are some tips for handling it in the workplace.




Messages



National Crisis Resources

It's important to stay informed about current events that may impact you and your loved ones. [Click here to view specific resources we've prepared in response to recent crises and current events.](#) Even when tragedies are far away and don't affect us personally, they can be upsetting. If you find yourself needing extra support during this time, please consider contacting your EAP. [For resources and support, please click here.](#)



Looking to meet your fitness goals in time for vacation season? See what your fitness discounts have to offer. Choose from 9,000 gyms nationwide. And check out the savings on equipment for home use. [Simply click here to see how your fitness discounts can help you reach your goals.](#)

Quick Links:

- [Mental Wellbeing](#)
- [Mental Health Awareness](#)
- [Self Improvement](#)
- [Stress Management](#)
- [Depression Resources](#)
- [Child Care Search](#)

Family
Health
Life
Workplace
What's New
Discount Center
Webinars

Using your benefits



Access is easy

You choose the way you want to connect with us:

- Phone
- Televideo
- Face to face
- Online
- Mobile Applications
 - Resources For Living
 - myStrength



How to access services

- Services are available 24 hours a day, 7 days a week

- Call the toll free number

800-272-7252

- Access web resources through your member website

www.resourcesforliving.com

Username: UCF

Password: UCF

All calls are confidential, except as required by law (i.e., when a person's emotional condition is a threat to himself/herself or others, or there is suspected abuse of a minor child, and in some areas, spousal or elder abuse). Information is believed to be accurate as of the production date; however, it is subject to change.

44.25.924.1 (8/12)