Introducing Your New Online Employee Assistance Program

Dear LSU First Health Plan Member,

Effective 4/1/2015, the LSU First Health Plan’s Employee Assistance Program (EAP) moved to Aetna Resources For Living™ via the www.mylifevalues.com website.

What this means for you:

- You can continue to utilize Aetna’s EAP resources. However, the new program is completely web-based. This means that you will now have unlimited access to the www.mylifevalues.com website.

- Starting on 4/1/2015, you can access LSU First’s Employee Assistance Program by utilizing the following web address and login credentials:
  - Website: www.mylifevalues.com
  - Username: peaceofmind
  - Password: solutions

- For your convenience, this link has also been added to the Resources section of your WebTPA online member portal. Under Resources, you will find additional information regarding the features and benefits of this valuable program! You can also find these informational brochures on the lsufirst.org website.

The LSU First / Aetna Employee Assistance Program – there for when you need a little help along the way!