



Fitness discounts

Aetna Resources For LivingSM

Now's the time to get healthy. Your Employee Assistance Program (EAP) makes it easy.

It's important to take time out of your busy schedule and focus on your health needs. To help you succeed, we're providing you with ways to save money and achieve well-being — all at the same time.

Let us help you on your journey to well-being with great fitness discounts. Join now and you'll get:

- The lowest price guaranteed
- Approximately 10,000 gyms to choose from nationwide
- A variety of membership types and options
- Discounts on fitness products

Participating gyms and programs include:

- 24 Hour Fitness
- Curves[®]
- Anytime Fitness[®]
- Zumba[®] Fitness
- Nutrisystem[®]
- And much more!

And it's simple. Just visit your member website to start saving today.

www.mylifevalues.com

Username: **peaceofmind** / Password: **solutions**

Aetna Resources For LivingSM is the brand name used for products and services offered through the Aetna group of subsidiary companies. The EAP is administered by Aetna Behavioral Health, LLC. In California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

All EAP calls are confidential, except as required by law. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.