

Balancing work, life and everything in between

AGB International Employee Assistance Program

Free, confidential support — day or night

Dealing with the competing priorities of work, family and personal issues is tough enough for any employee. For workers who've taken on the extra challenge of an international assignment, the need for a good sounding board becomes that much more crucial.

The Aetna Global Benefits (AGB) International Employee Assistance Program is a round-the-clock resource for employees who need help balancing the cultural and adjustment issues related to their international assignments. They'll receive 24-hour crisis intervention, counseling and guidance, management consultation and Web-based health and wellness resources. Best of all, it's confidential.

When life's challenges become too much, employees don't have to be alone in trying to cope.

Confidential, unbiased support is just a quick click or call away! Once you select the International Employee Assistance Program for your employees, they can find resources and self-help tools online at www.AetnaEAP.com. Or, they can talk with a professional about issues such as marital health, mental health and well-being, workplace conflicts and substance misuse. Many local and professional services are also available, including in-person visits with a psychologist or counselor.

Aetna
Global
Benefits®

www.aetnaglobalbenefits.com

International Employee Assistance Program Snapshot

- Anytime, day or night
- Confidential services
- Crisis intervention
- Counseling and consultation
- Interactive health and wellness information



At your service — anytime, anywhere

Concierge Corner

We have around-the-clock resources for health questions, too! Our toll-free **Informed Health® Line** connects employees with U.S.-based registered nurses experienced in a wide range of health issues.

It's for everyone

Whether everyday life is becoming more challenging, or it's a more serious time of crisis, the International Employee Assistance Program is here for employees whenever they need it, wherever they are located around the world.

Employees and their eligible family members can receive the following:

- **Counseling and personal support services** — Up to 5 counseling sessions per plan year (in person, or by telephone).
- **Internet resources** — Interactive Web resources, including a wide variety of health and wellness topics.

- **Work and life resources** — Support for employees and their family, including resources for parenting, child development, family issues and education. A full suite of work/life, legal and financial services are available in the United Kingdom, Brazil, China, Hong Kong, the Philippines, Singapore, Germany, Kuwait, the United States and most parts of the world.
- **24/7 crisis intervention** — Confidential support for when employees need it most, including support for managers and employees during a workplace disaster or crisis.

**We take care of
benefits, so you can
take care of business.**

To learn more, contact your AGB representative, broker or consultant or visit us on the Web at www.aetnaglobalbenefits.com.

Administered by Aetna Life & Casualty (Bermuda) Ltd. or Aetna Life Insurance Company (Aetna).

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna Global Benefits plans, refer to www.aetnaglobalbenefits.com.