

“It came out of nowhere. I was fit and healthy. Until I got diagnosed with breast cancer. And then the depression set in. The chemo left me nauseous and tired. I couldn’t enjoy precious moments with my family. All I wanted to do was sleep. Every day felt like a struggle.”



## Aetna Resources For Living<sup>SM</sup>

“When I discovered myStrength™, I went through all the depression modules in one night. I connected with everything the exercises talked about. myStrength helped me see how my negative thoughts made this scary situation worse. I reached out to my friends and loved ones for support and joined a support group for women with breast cancer. I continue to use myStrength to track my days — the good and the bad. I may not be able to change my diagnosis, but myStrength helps me decide how I cope.”

“myStrength gives me easy, personalized tools to help me feel better and stay mentally strong.”



*For illustrative purposes only. Does not reflect events experienced by an actual participant.*

Aetna Resources For Living<sup>SM</sup> is the brand name used for products and services offered through the Aetna group of subsidiary companies (Aetna). The EAP is administered by Aetna Behavioral Health, LLC and 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. Aetna and myStrength are independent contractors. myStrength will be managed and provided separately and independently from Aetna. Aetna does not monitor or participate in the services or programs recommended or provided by myStrength. 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](http://www.aetna.com).