



# Tools

## A website built for you Aetna Resources For Living<sup>SM</sup>

Check out these online tools and web tools and resources now available to your members.

### Get information and advice on the things that matter to you

Your member website is a single source for information on your career, health and personal life. With just a few clicks, you can:

- Search for child or eldercare providers
- Learn about mental health issues
- Take well-being assessments
- Access self-help tools and information

### Find discounts on millions of products and services

The online Discount Center features savings on brand-name products and services such as:

- Computers and electronics
- Gifts and retail shopping
- Travel, car rentals and hotels
- Fitness centers
- Restaurants and more

### Access myStrength™ — the health club for your mind

myStrength is an easy-to-use online and mobile self-help resource for stress, depression, anxiety, substance misuse, insomnia, chronic pain and more.

#### myStrength provides:

- Daily custom inspiration
- Content based on the latest clinical research and professional advice from best-selling authors
- Resources to support your emotional well-being

Check out your member website today.

**mylifevalues.com**  
**Username: peaceofmind**  
**Password: solutions**

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## Aetna Signature Administrators®