Banner Health



Life happens. Stress less. Live more.

Maintaining positive emotional well-being is proven to help you live a healthy and balanced life. Building an awareness, understanding and acceptance of your emotions is a fundamental aspect of fostering resilience, general self-awareness and overall contentment.

It's important to note that having good emotional health doesn't mean continuous happiness or the absence of painful emotions, but rather promotes resilience. It's about having the skills and resources to manage the ups and downs of everyday life.

To help you stay #BannerStrong and in tune with your emotional well-being and that of others, Banner Health and Aetna Resources for Living offer a wealth of resources.

Aetna Resources for Living (EAP)

Find emotional support anytime. Aetna Resources for Living is an employer-sponsored program that offers counseling sessions throughout the year, available at no cost to you and all members of your household including dependent children up to age 26. You can access up to six counseling sessions per issue each year. You can also call us 24 hours a day, seven days a week for in-the-moment emotional well-being support. Services are confidential.

Counseling sessions are available face-to-face and online. We're always here to help with a wide range of issues including:

- Relationship support
- Stress management
- Work/life balance
- Family issues
- Grief and loss
- Depression
- Anxiety
- Substance misuse
- Self-esteem and personal development

To access services:

866-568-7554
resourcesforliving.com

Username: Banner
Password: EAP

Talkspace: Get Emotional Support Anytime, Anywhere with Talkspace

Resources for Living, through Banner|Aetna, makes it easier and more convenient to get emotional support with Talkspace, an online therapy platform. Talkspace lets you work with a counselor anywhere, at any time via a web browser or the Talkspace mobile app. No commutes, appointments or scheduling hassles.

To support Banner team members' emotional health all year long, Resources for Living provides six free sessions per year, per issue. And one week of Talkspace therapy counts as just one session. You can log in for support with stress management, work/life balance, family issues, grief and loss, depression, anxiety, substance misuse, self-esteem, professional development and more.

It's as easy as 1-2-3 to get started. Simply:

- Visit **talkspace.com/rfl** to begin the registration process.
- Tell us your unique needs and preferences for therapy.
- Choose a therapist, then download the Talkspace mobile app and begin messaging the very same day.

For additional information, check out the **Resources for Living's Talkspace flyer** or call **866-568-7554** to learn more about Talkspace and other options for ongoing emotional support. Take care of your emotional health with Talkspace and stay #BannerStrong!

Resources for Living (RFL) Webinars

As part of our services, we include free live and on-demand webcasts offered by highly trained presenters. These are great tools for helping us feel connected and supported even when we're physically distanced. RFL webinars aim to help you be well RFL webinars aim to help you so you can be well along the way. Check out the Resources for Living **2026 Promotional Calendar** to see each month's featured webinar.

Banner Health's MyWell-Being Program also schedules RFL webinars each month, which can be found on the **Personify Health** calendar.

Mind Companion Self-care: Support Provided by RFL

Mind Companion Self-care is an online mental well-being program that provides support where and when you need it. This digital self-paced support program provides access to evidence-based support tools to help manage depression, anxiety, substance misuse and more.

After selecting a focus area, members will be guided through sessions that include videos, interactive questions and relaxation exercises. They can also track their mood to see progress over time. These tools can help develop healthy behaviors to improve overall well-being.

Sign up here. Access code: Banner

On-site and Virtual Counseling

To support our team members, we offer on-site and virtual counseling through Aetna Resources for Living. It's free, con idential and available to all Banner team members. To learn more, team members should search **on-site support** in Banner Connect.

MyWell-Being

The MyWell-Being Program offers resources for your emotional well-being, including webinars from our team and our partners, and a mindfulness tool, which has 100+ sessions on sleep, yoga, self-growth, etc. These can all be accessed via Personify Health by visiting **join.personifyhealth.com/BannerHealth**.

Questions? Contact **BHMyWell-Being@BannerHealth.com**.

LifeSpeak

Brought to you by the MyWell-Being Program, LifeSpeak is a well-being digital library that gives you instant access to expert advice and information. The library includes expert blogs and over 180+ expert-led video modules on topics such as:

- Mental and physical health
- Stress management and resilience
- Relationships and parenting
- Professional development
- Children's health and caregiving

LifeSpeak is available to all team members, spouses and dependents. Access LifeSpeak though **Personify Health**, under **Programs** (Access ID: banner).