

Anytime support



Resources For Living is your place to start for all your mental well-being and daily life needs.

For 24/7 services, call **1-800-789-8990** or visit **resourcesforliving.com/cvshealth**.

Scan the code to visit the **Resources For Living website.**



Emotional wellbeing support



You and your household members can access up to 20 counseling sessions per issue each plan year in person, by phone, through video stream or with chat therapy. Services are free and confidential.

We can help with a wide range of issues including:

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

Online resources



You have access to a full range of tools and resources to help with emotional wellbeing, work/life balance and more.

Simply go to the Resources Guiding Tool on the Resources For Living website and answer a few questions to receive a personalized list of services and tools that match your needs.

Identity theft services



One hour fraud resolution phone consultation or coaching about ID theft prevention and credit restoration. Services include a free emergency kit for victims.

Daily life assistance



Competing day-to-day needs can make it tough to know where to start. Call us for personalized guidance. We'll help you find resources for:

- Child care, parenting and adoption
- School and financial aid research
- Care for older adults
- Caregiver support
- Special needs
- Pet care
- Household services and more

Legal services



You can get a free 30-minute consultation with a participating attorney for each new legal topic related to:

- Family law
- Criminal law
- Wills and estate planning
- Document prep and more

If you opt for services beyond the initial consultation you can get a 25 percent discount.

Please note that as an employer-sponsored program, matters involving disputes or actions between members and their employer are specifically excluded.

Financial services



Simply call for a free 30-minute phone consultation for each new financial topic related to:

- Budgeting
- Mortgages and refinancing
- Credit and debt issues
- College funding
- Tax and IRS questions and preparation

You can also get a 25 percent discount on tax preparation services.

For legal disclaimers, visit rfl.com/Disclaimers.

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