

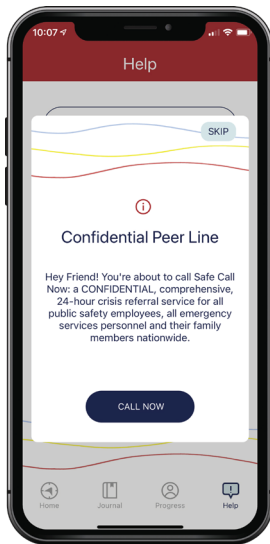


The Essential Worker Peer Support Program

Protecting those who serve us.



Powered by
Armor Up America



As part of your Aetna® health plan, an essential worker peer support program is available to your employees and their families. The program connects them with the trusted, accessible, confidential support they need. The program offers:

- 24/7 confidential peer-to-peer helpline
- Therapy referrals to experienced and vetted clinicians
- Member engagement through mobile technology
- Continuing education

Did you know?



78% of construction workers don't get help because of shame and stigma.*



Nearly 25% of all health care workers showed signs of probable PTSD during the COVID-19 pandemic.*



More than 75% of transit workers "fear for their safety on a daily basis" from passengers.*



To get the whole story, just scan this QR code or visit [Aetna.com/solutions/industry/multi-employer-labor-funds.html](https://www.aetna.com/solutions/industry/multi-employer-labor-funds.html).

*FOR 78% CONSTRUCTION WORKER CLAIM: Center for Workplace Mental Health. Mental health and well-being in the construction industry: 2021 pulse survey results and report. Available at: [WorkplaceMentalHealth.org/employer-resources/guides-and-toolkits/mental-health-and-well-being-in-the-construction-i](https://www.workplacementalhealth.org/employer-resources/guides-and-toolkits/mental-health-and-well-being-in-the-construction-i). Accessed January 10, 2024.

*FOR 25% HEALTH CARE WORKER CLAIM: Kristoffersen, M. Burnout, alcohol, PTSD: health workers are suffering. Yale School of Medicine. February 16, 2021. Available at: [https://Medicine.Yale.edu/news-article/burnout-alcohol-ptsd-health-workers-are-suffering/](https://medicine.yale.edu/news-article/burnout-alcohol-ptsd-health-workers-are-suffering/). Accessed January 10, 2024.

*FOR 75% TRANSIT WORKER CLAIM: Amalgamated Transit Union. State legislative agenda: a 12-step plan to reward our essential frontline transit heroes. Updated 2022. Available at: [ATU.org/action/downloadable-asset/State%20Leg%20Agenda%20FINAL.pdf](https://www.atu.org/action/downloadable-asset/State%20Leg%20Agenda%20FINAL.pdf). Accessed January 10, 2024.

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