



Life comes with challenges.

## Your Assistance Program is here to help.

Your Assistance Program can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals.



**All services are free, confidential, and available to you and your family members.**

This includes access to short-term counseling and the wide range of services listed below:



**Mental Health  
Sessions**



**Life  
Coaching**



**Financial  
Consultation**



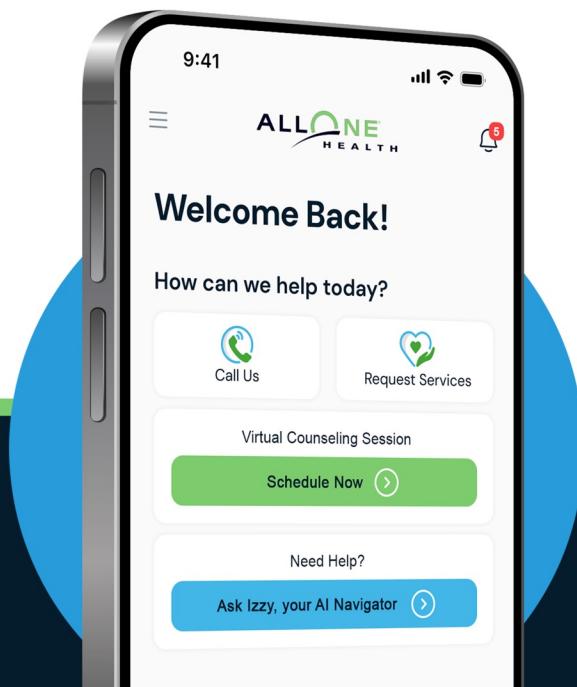
**Legal  
Referrals**



**Work-Life  
Resources**



**Medical  
Advocacy**



## Unlimited Resources, Always Available

Access your benefits 24/7/365 through your member portal or the AllOne Health app with online requests and chat options. Explore thousands of self-help tools and resources including articles, assessments, podcasts, and resource locators.

*Specific offerings may vary depending on your organization's assistance program plan design.*

**Contact AllOne Health**  
**Call: 800-451-1834**  
Visit: [allonehealth.com/portal](http://allonehealth.com/portal)  
Access Code: JBF74

Life comes with challenges.

# Your Assistance Program is here to help.

Your Assistance Program can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals.

All services are free, confidential, and available to you and your family members. This includes access to short-term counseling and the wide range of services listed below:

## **Mental Health Sessions**

Manage stress, anxiety, and depression, resolve conflict, improve relationships, and address any personal issues. Choose from in-person sessions, video counseling, or telephonic counseling.

## **Life Coaching**

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and achieve greater balance.

## **Financial Consultation**

Build financial wellness related to budgeting, buying a home, paying off debt, resolving general tax questions, preventing identity theft, and saving for retirement or tuition.

## **Legal Referrals**

Receive referrals for personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

## **Work-Life Resources and Referrals**

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.

## **Personal Assistant**

Save time with referrals for travel and entertainment, seeking professional services, cleaning services, home food delivery, and managing everyday tasks.

## **Medical Advocacy**

Get help navigating insurance, obtaining doctor referrals, securing medical equipment, and planning for transitional care and discharge.

## **Member Portal and the AllOne Health App**

Instantly access 24/7/365 mental health support with self-scheduled virtual counseling sessions, on-demand self-help resources, and guidance from Izzy, your AI navigator. Download the AllOne Health App and use the member portal access code below to sign up.

Specific offerings may vary depending on your organization's assistance program plan design.



Contact AllOne Health

Call: 800-451-1834

Visit: [allonehealth.com/portal](http://allonehealth.com/portal)

Access Code: JBF74

**ALLONE**  
HEALTH