



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:



**3 Mental
Health
Sessions**



**Life
Coaching**



**Financial
Consultation**



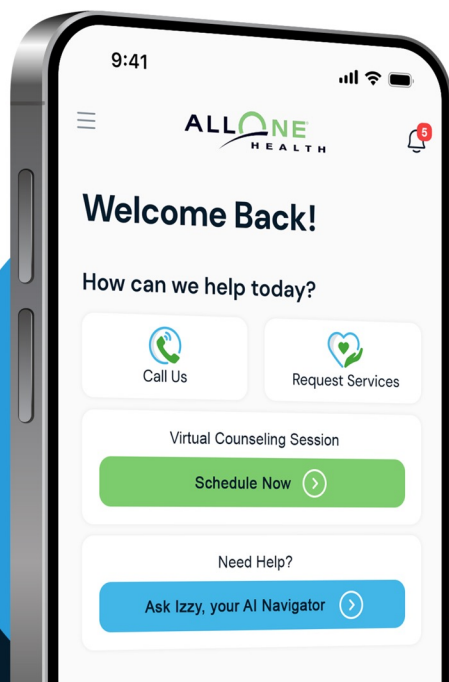
**Legal
Referrals**



**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.

Contact AllOne Health
Call: 800-451-1834

Visit: allonehealth.com/portal Access Code: 4FDKK