



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



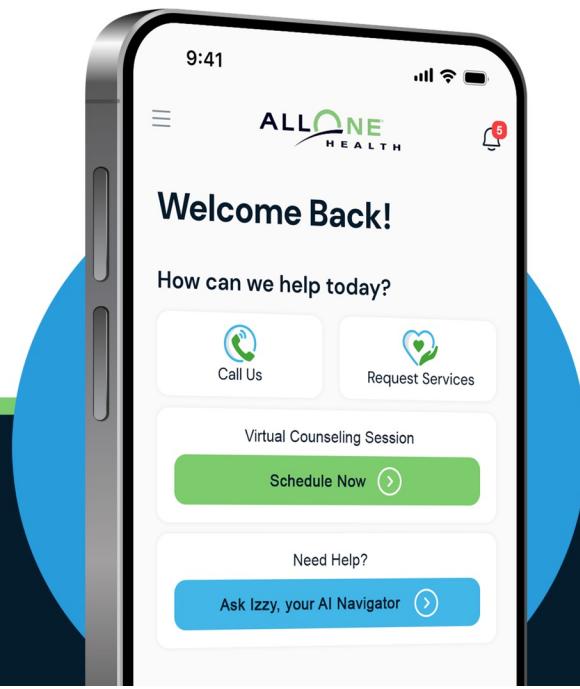
Legal
Referrals



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