ALLONE HEALTH

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: 866-216-1996
Visit: allonehealth.com/support