

# The AllOne Health App— Instant Access to Your Assistance Program



Taking care of your mental health should be simple, supportive, and always within reach. That's why we created the AllOne Health App—to make it easier than ever for you to access the care you need, when you need it.

Whether you're navigating life's challenges, looking for resources, or just need someone to talk to, we're here to help.

## WHAT YOU'LL FIND INSIDE THE APP

### Virtual Counseling Made Easy

Self-schedule virtual counseling sessions directly through the app.

### Izzy, Your AI Mental Health Navigator

Receive guidance and personalized support in real time.

### On-Demand Self-Help Resources

Explore self-guided therapy (iCBT), articles, videos, assessments, and tools.

### Real Human Support

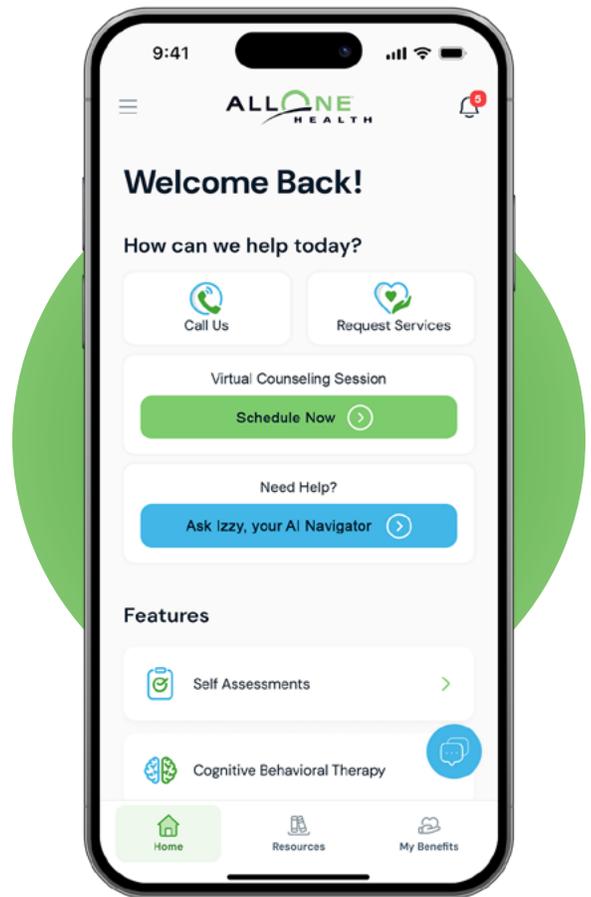
24/7 live assistance is always just a tap away when you want to speak to someone.

## HOW IT WORKS

1. **Download the AllOne Health App** from the [Apple App Store](#) or [Google Play Store](#).
2. **Sign Up** using your existing member portal code. You'll still have access to the member portal. However, the new AllOne Health App makes accessing care and requesting support easier and more convenient.
3. **Start Exploring** – Book sessions, chat with Izzy, and discover resources that support your whole health.

### Download the App and Take the First Step

No matter where you are in your journey, support is here—because your mental health deserves care that's easy to access, always available, and built around you.



Contact AllOne Health

Call: 866-216-1996

Visit: [allonehealth.com/support](https://allonehealth.com/support)

