



# Life comes with challenges. AllOne Health is here to help.

AllOne Health 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



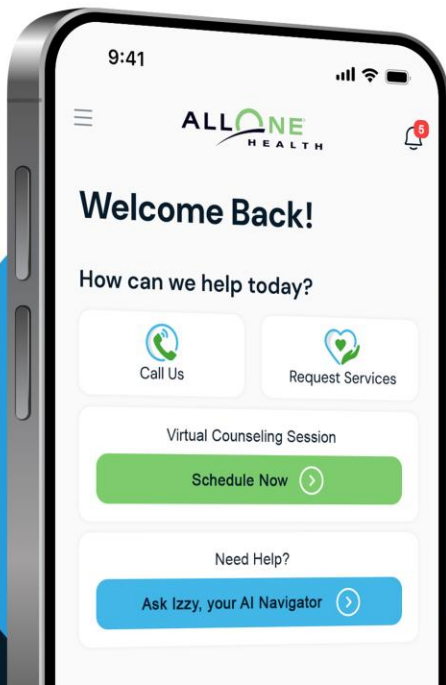
Legal Referrals



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

*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)

Download the AllOne Health App

