



# Help Is Here To Manage Life's Many Responsibilities

To juggle work, life, and caregiving responsibilities,  
you sometimes **need an extra hand.**

**Reach out to your Assistance Program for resources and referrals**  
to address a variety of life and family needs:

- Childcare
- Eldercare
- Pet care
- Adoption
- Special needs support
- Education
- Enrichment activities
- Housing
- Transportation
- Community resources and referrals

*Your Assistance Program is free to use, confidential, and open to family members.*

Contact AllOne Health  
Call: 800-932-0034  
Visit: [myassistanceprogram.com/aci](https://myassistanceprogram.com/aci)

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