



Your Concerns Are Your Business

Your participation with the EAP is voluntary and confidential. No one will know you're involved — including your employer — unless you choose to tell them.

And It's Free

There is no cost to employees, household members or dependents for use of our online services, EAP sessions, or legal/financial consultations.

We're Here When You Need Us — Get Started Today

Call our nationwide toll-free number — **1.800.451.1834** (TTY users, use Relay) — to speak confidentially with a counselor who cares and is professionally trained to assist you. We're available 24 hours a day, seven days a week.

Your Employee Assistance Program is here to help you!

In addition, a number of valuable Web features and modules are available, including:

- Over 2,500 tip sheets, articles and resource guides
- More than 60 online courses
- A broad range of self-assessment tools to guide you to healthy learning and decision making

If you need username and password information please call the EAP at **1.800.451.1834** and then log on to **AllOneHealthEAP.com**



1.800.451.1834

(TTY users, please use Relay)

AllOneHealthEAP.com



EMPLOYEE ASSISTANCE PROGRAM



Support & Solutions for Everyday Life

Many Solutions, One Goal — SUPPORT & SOLUTIONS FOR EVERYDAY LIFE

Your Concerns Are Your Business

Whether your daily challenges are routine, like needing a pet sitter, or more urgent, such as talking to someone about anxiety, your free Employee Assistance Program (EAP) is a simple and invaluable resource you can turn to. We guide you to the solutions that make things less stressful and more manageable for you.

No Issue Too Big or Too Small

The EAP helps with the kinds of issues, large and small, that can affect your health and happiness as well as your work and family life. Whether you'd benefit from a one-time consultation or ongoing support, we're just a call or click away.



Professional Care and Support

Sometimes, a particular concern becomes too much to handle alone, and it begins affecting work, family and personal well-being. That's when some professional guidance can help. Our licensed and highly skilled counselors are ready to help with a wide range of personal issues, including stress about work; couple or parent/child conflicts; depression, substance abuse or other emotional concerns.

Top Legal and Financial Services

On occasion you may need the services of a lawyer or financial services professional. For each legal issue, you get one free 30-minute office or telephone consultation with an experienced attorney (excluding job-related concerns). If you want to continue to work with that attorney, you receive a 25% discount. For each financial issue, you receive a free 30-minute telephone consultation with a financial planner or certified public accountant.

Examples of legal and financial services include:

- Family Law Proceedings (Divorce & Custody)
- Debt Counseling
- Estate Planning (Wills & Trusts)
- Buying or Selling Your Home
- Real Estate & Landlord / Tenant Issues
- Retirement / College Planning
- Insurance & Auto Accident Claims
- Tax Advice & Preparation



Work/Life Online

You also have access to a work/life website. Content includes articles, financial calculators, self-assessments, audio and video files and online training programs.

Just log on with your company's username and password to get information on topics such as:

CHILD CARE

- Choosing Child Care
- Summer/Holiday Care
- Special Needs Child Care
- Community Resources

ADULT CARE

- Care for Older Adults
- Special Needs Adult Care
- Medicare & Medicaid
- Caregiver Support

EDUCATION

- K-12
- Colleges & Universities
- Financing
- GED/Vocational
- Tutors & Test Prep

CAREER

- Skill Building
- Career Training
- Stress Management
- Co-worker Relations
- Transition & Relocation

DAILY LIVING

- Travel & Recreation
- Dining & Entertainment
- Consumer Issues
- Pet Care

PARENTING

- Adoption
- Pregnancy & Infertility
- Talking to Teenagers