

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 *3 Sessions Per Calendar Year, One-Hour Per Session*

Manage stress, anxiety, and depression, resolve conflict, improve relationships, overcome substance abuse, and address any personal issues via face-to-face, telephonic, video or text therapy.

Life Coaching *3 Sessions Per Calendar Year, 30-Minutes Per Session*

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and build balance via telephonic coaching.

Financial Consultation *3 Sessions Per Calendar Year, One-Hour Per Session*

Building financial wellness related to budgeting, buying a home, paying off debt, basic tax questions, preventing identity theft, and saving for retirement or tuition via telephonic appointments.

Legal Consultation *List of Legal Referrals Based on Location & Expertise*

Get help with personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

Work-Life Resources and Referrals *Unlimited Referrals via E-mail*

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.

Personal Assistant *Unlimited Referrals via E-mail*

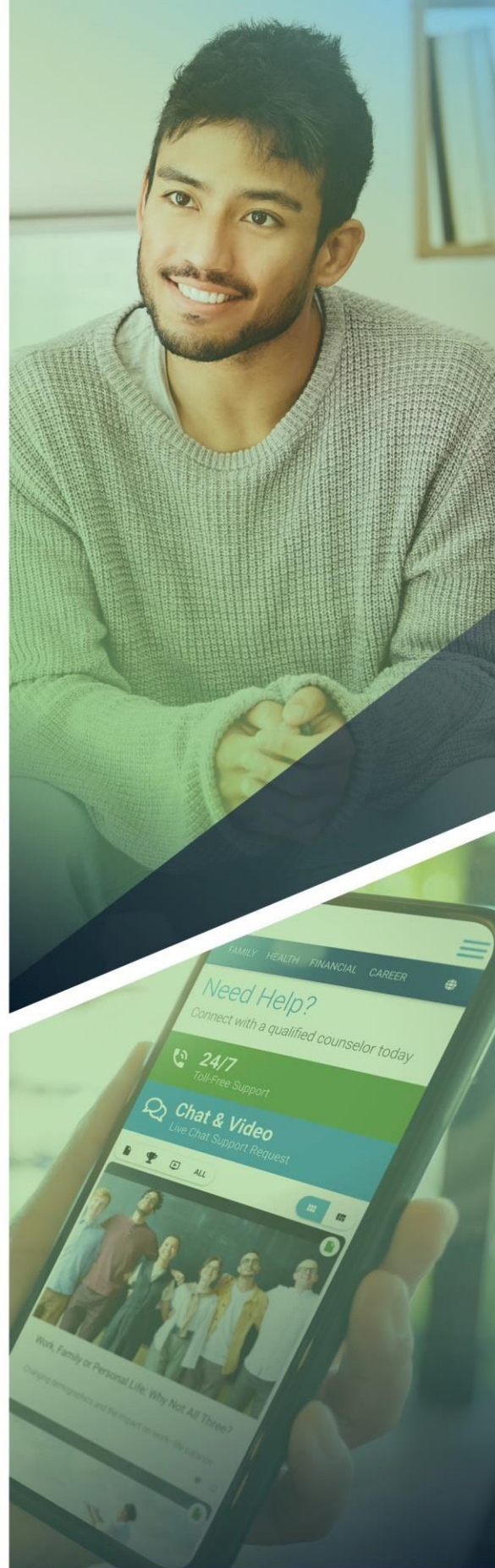
Save time with referrals for travel and entertainment, seeking professional services, cleaning services, home food delivery, and managing everyday tasks.

Medical Advocacy *Unlimited Telephonic Appointments*

Get help navigating insurance, obtaining doctor referrals, securing medical equipment, and planning for transitional care and discharge.

Member Portal and App *See Attached Flyer*

These digital tools enable you to access your benefits 24/7/365 with online requests and chat options. They also provide easy access to thousands of articles, webinars, podcasts, and tools covering total well-being.

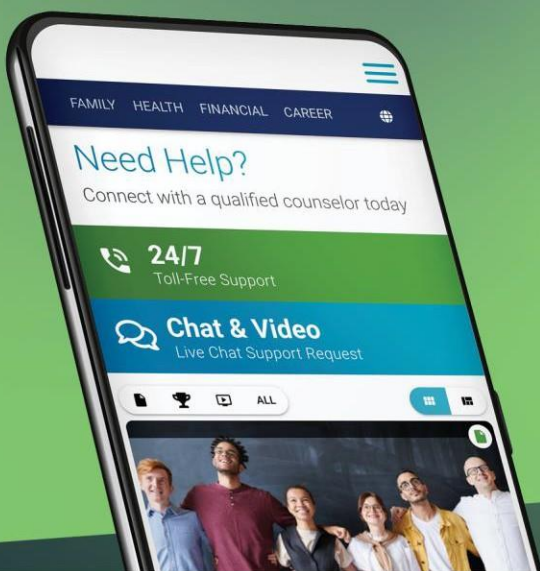


Contact AllOne Health

(800) 932-0034

<https://myassistanceprogram.com/aci>

ALLONE
HEALTH



Introducing Your Member Portal

Browse benefits. Request services.
Enjoy 24/7/365 access.

Your Assistance Program offers a wide range of benefits to help improve mental health, reduce stress and make life easier—all easily accessible through your member portal and app.

Video, Chat and Telephonic Access

24/7/365 access to request mental health sessions and life management referrals

Thousands of Self-Care Articles and Resources

Explore videos, provider resource locators, personal assessments, calculators and tools

Events Calendar and Free Webinars

Sign up for the latest webinars and online training sessions

Exclusive Discounts

Save money on entertainment, gifts, travel and consumer goods

Getting Started Is Easy

1. Visit your landing page, <https://myassistanceprogram.com/aci>, and click on "Sign Up"
2. Register to create a new account using your company code: **TCY-384**
3. Login with your preferred e-mail address and password



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