

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 Annually*

Manage stress, anxiety, and depression, resolve conflict, improve relationships, and address any personal issues. Choose from in-person, video, telephonic, asynchronous text counseling.

Life Coaching *3 Sessions Annually*

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and achieve greater balance. Choose from telephonic or virtual sessions.

Financial Consultation *3 Sessions Annually*

Build financial wellness related to budgeting, buying a home, paying off debt, resolving general tax questions, preventing identity theft, and saving for retirement or tuition. Virtual sessions are available.

Legal Referrals *Unlimited Referrals*

Receive referrals for personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

Work-Life Resources and Referrals *Unlimited Referrals*

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

Personal Assistant *Unlimited Referrals*

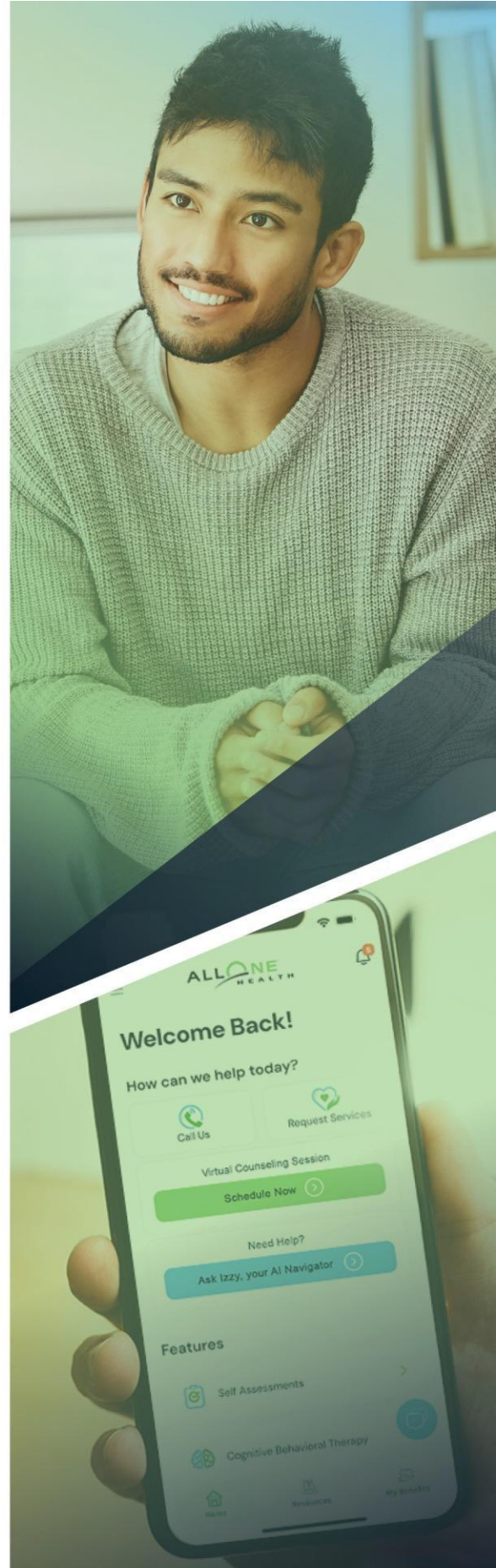
Save time with referrals for travel and entertainment, seeking professional services, cleaning services, home food delivery, and managing everyday tasks.

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 the AllOne Health App *Company Code: tehama*

Instantly access 24/7/365 mental health support with self-scheduled virtual counseling sessions, on-demand self-help resources, and guidance from Izzy, your AI navigator. Download the AllOne Health App and use the member portal access code below to sign up.



Contact AllOne Health

Call: 800-451-1834

Visit: allonehealth.com/portal

Company Code: **tehama**

