

# Life comes with challenges. **Your Assistance Program is here to help.**

Reach out to your Assistance Program for short-term counseling, financial coaching, caregiving referrals and a wide range of well-being benefits to reduce stress, improve mental health and make life easier.

The following services are free to use, confidential, and available to you and your family members:

## **Mental Health Sessions**

To help manage stress, anxiety and depression, resolve conflict, improve relationships, overcome substance abuse and address any personal issues, with options for in-person, telephonic, or video counseling sessions.

## **Life Coaching**

To help reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and build balance.

## **Financial Consultation**

To help build financial wellness related to budgeting, buying a home, paying off debt, managing taxes, preventing identify theft, and saving for retirement or tuition.

## **Legal Consultation**

To help with a variety of personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

## **Life Management**

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

## **Personal Assistant**

To help manage everyday tasks and give back time by providing information and referrals for home services, repairs, travel, entertainment, dining and personal services.

## **Medical Advocacy**

To help navigate insurance, obtain doctor referrals, secure medical equipment or transportation, and plan for transitional care and discharge.

## **Member Portal and App**

Access your benefits 24/7/365 with online requests and chat options, and explore thousands of articles, webinars, podcasts and tools covering total well-being.



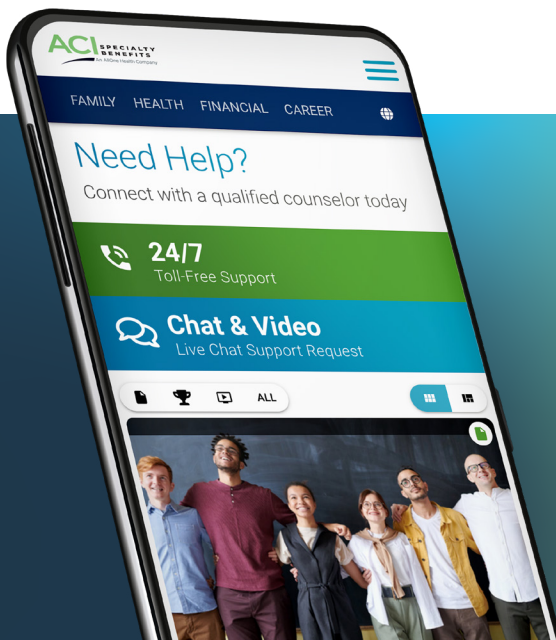
**Contact ACI Specialty Benefits**

**800.932.0047**

<http://quincy.acieap.com/>

Company Code: QUSD12735

**ACI** **SPECIALTY  
BENEFITS**  
An AllOne Health Company



# Introducing Your Member Portal and App

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

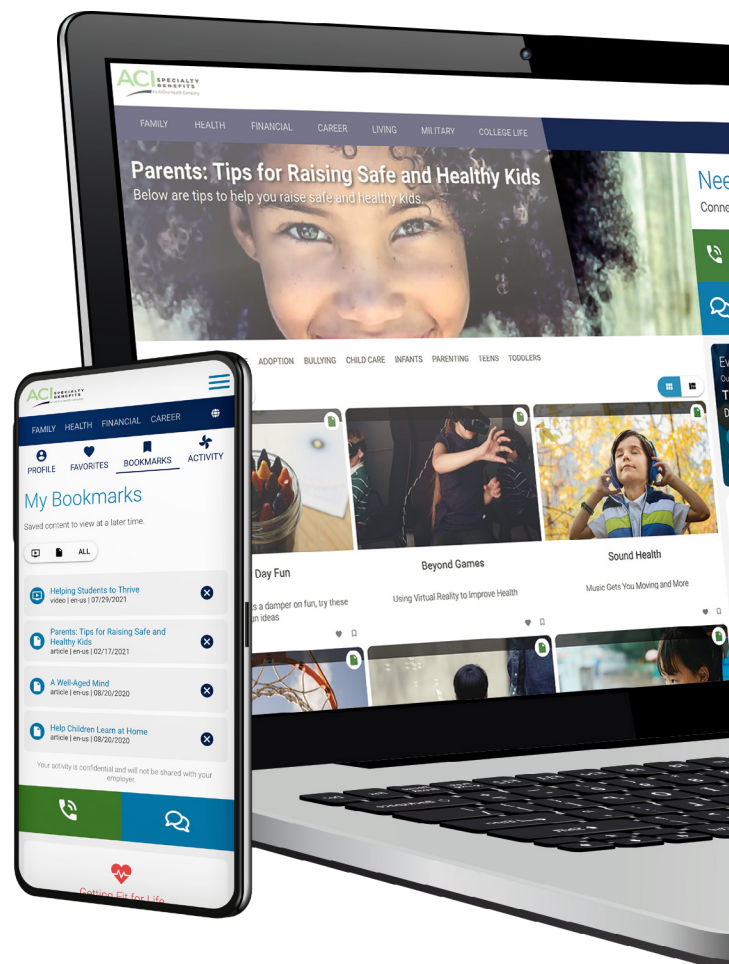
Sign up for the latest webinars and online training sessions

## Exclusive Discounts

Save money on entertainment, gifts, travel and consumer goods

## Getting Started Is Easy

1. Visit your landing page, <http://quincy.acieap.com/>, and click on “Select Portal & App” in the top menu
2. Register to create a new account using your company code: **QUSD12735**
3. A confirmation email will be sent to complete the process



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