



Your Employee Assistance Program Navigating AWPnow.com

Your EAP offers many resources to help you become more resilient, cope with unfortunate events and uncover a better you. AWP now.com is computer, phone and tablet friendly and your gateway for online tools, helpful resources, training content, motivating webinars and legal/financial information.

1. Logging into your EAP website – AWPnow.com

- ◆ Access Your Benefits
- ◆ Create an account
- ◆ Registration Code – available on your EAP benefit flyer.

2. View your EAP Orientation Video

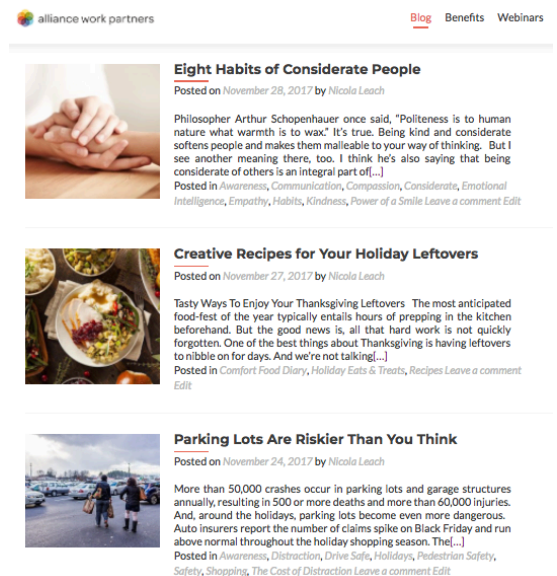
- ◆ On the main page, your EAP Orientation is a brief introduction to your EAP services

3. Visit the Blog

- ◆ When you need motivation, AWP provides a blog of timely information, articles and tips to make the most of your day

4. Creating a Will

- ◆ Select *Benefits > Law Access*
- ◆ Click *Connect to Law Access*
- ◆ On the right, in the blue Legal & Financial Center box, select *Click here to access legal and financial content*
- ◆ Under NOLO, read the paragraph regarding creating a state specific will and make a note of the discount code to receive the form for free
- ◆ On the next screen, read through the Online Will FAQs before selecting *Start Now* in the green box
- ◆ Remember to enter the discount code at checkout to receive it for free



Contact Us Today: AM@alliancewp.com | 800-343-3822

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5. **Access HelpNet** for helpful self-paced information on a variety of life events

- ◆ Select *Benefits > Help Net*
- ◆ Click *Connect to Help Net*
- ◆ If you have a topic in mind, enter it into the gray Search Box on the right and press enter
- ◆ To view personal development webinars
 - Scroll to the bottom and select the teal box labeled *Webinars*
 - There are three upcoming webinars listed
 - Select *Click here to view all archived Webinars* – over 70 available
 - Popular topics include: Caring for Elders at Home, Money Basics, Relaxation Techniques, Retirement Redefined and many more
- ◆ To view professional development courses
 - Select the teal tile labeled *Training Center* for topics including Communication, Professional Development, Leadership, Work/Life Balance, Interpersonal Skills and more
- ◆ Other Help Net tile topics are: Relationships, Financial, Health, Resilience, Legal, Personal Growth, Assessments, Calculators, Health Video and Shopping



6. **AWP Webinars** – AWP provides monthly webinars that can be viewed at your convenience and are accessible for up to 90 days

- ◆ Register for upcoming Webinars, select *Webinars*
- ◆ View Webinar Recordings currently available, select *Webinars > Recordings*

7. **View AWP Publications** – Get inspired, prepared or informed for many life events by selecting Publications

- ◆ Preparedness and Response – Simple proactive steps can help us survive traumatic events
 - The Flu
 - Severe Weather
 - Identity Theft
 - Coping with terrorism
 - Traumatic events
- ◆ Suicide Prevention – Information on an important topic
- ◆ Tips Sheets – Benefit flyers for more information on your benefits

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