



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:

6 Mental Health Sessions

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

6 Life Coaching

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and achieve greater balance.

Financial Consultation

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.

Legal Referrals

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

Work-Life Resources and Referrals

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

Personal Assistant

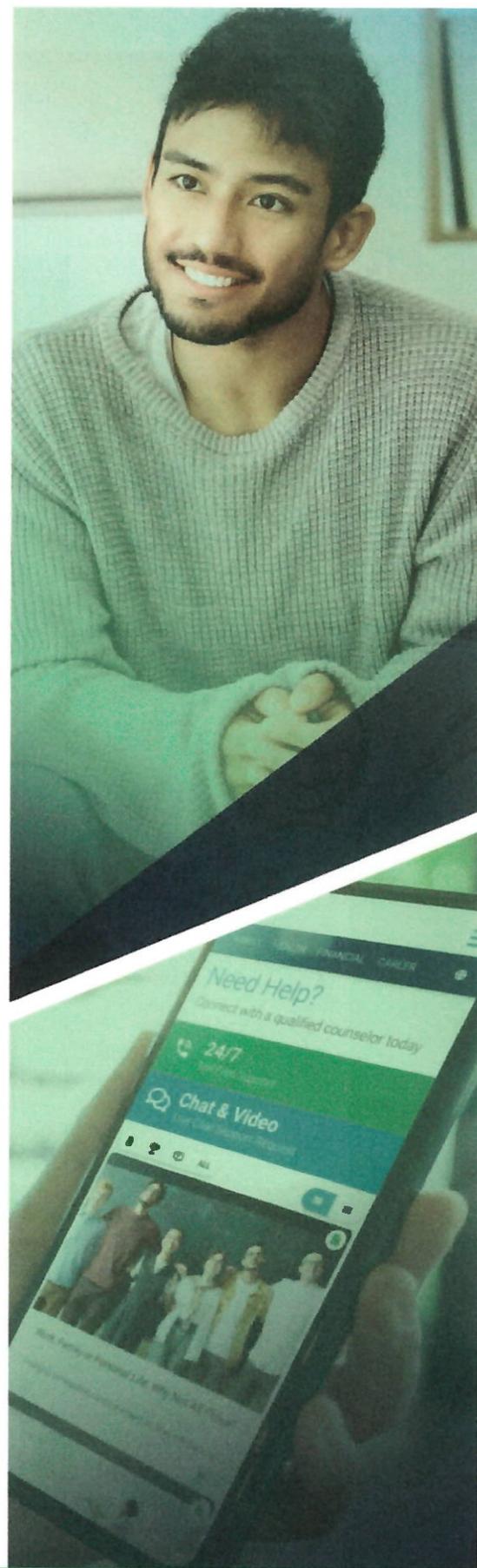
Save time with referrals for travel and entertainment, seeking professional services, cleaning services, home food delivery, and managing everyday tasks.

Medical Advocacy

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

Member Portal

Access your benefits 24/7/365 through your member portal with online requests and chat options. Explore thousands of self-help tools and resources including articles, assessments, podcasts, and resource locators.



Contact AllOne Health
Call: 800-227-6007
Visit: MyImpactSolution.com
Code: loraincs





Life Coaching Can Help You Reach Personal Goals

Work with a certified life coach through your Assistance Program to receive guidance and insight to reach personal goals and unlock your full potential.

Reach out to your Assistance Program for **one-on-one coaching sessions** to address personal priorities:

- Achieve personal and professional goals
- Manage life transitions
- Improve stress and time management
- Overcome obstacles
- Strengthen relationships
- Improve communication
- Manage multiple projects and demands

Your Assistance Program provides free counseling and life coaching sessions. If you are unsure which type of session is right for you, reach out and we will guide you in the right direction. Coaching sessions are free to use, confidential, and open to family members.

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Visit: myimpactsolution.com

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Help Is Here To Manage Life's Many Responsibilities

To juggle work, life, and caregiving responsibilities,
you sometimes **need an extra hand.**

Reach out to your Assistance Program for resources and referrals
to address a variety of life and family needs:

- Childcare
- Eldercare
- Pet care
- Adoption
- Special needs support
- Education
- Enrichment activities
- Housing
- Transportation
- Community resources and referrals

Your Assistance Program is free to use, confidential, and open to family members.

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Need Legal Advice? Request a Referral Through Your Assistance Program

Legal issues can be stressful, time-consuming, and complicated. Your Assistance Program can help with legal referrals to address a wide range of personal matters.

Reach out to your Assistance Program for legal referrals on a variety of issues:

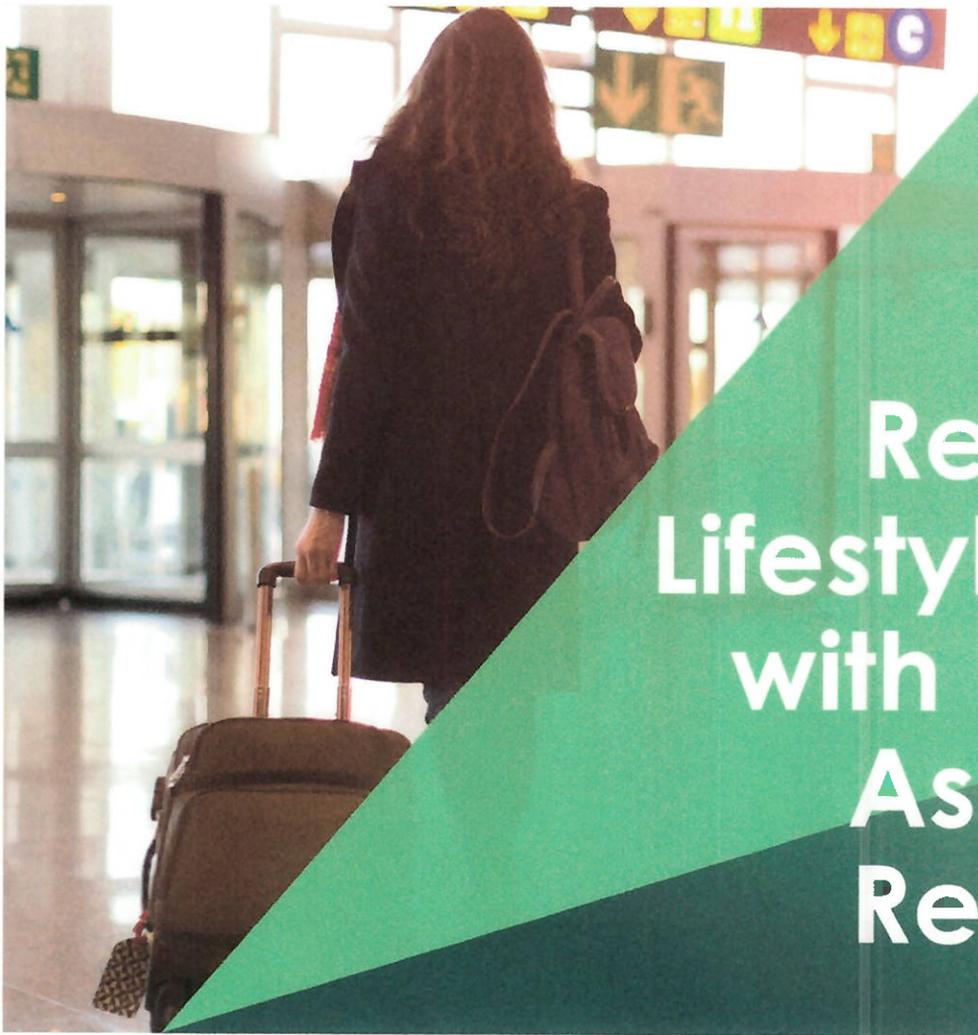
- Estate planning
- Divorce/custody
- Wills/trusts
- Real estate
- Bankruptcy
- Eldercare
- Adoption

Your member portal also includes information, resources and DIY legal documents to help with various personal legal matters.

Requests for legal referrals are confidential and open to all family members.

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Receive Lifestyle Support with Personal Assistant Referrals

Life is often busy, and responsibilities can feel overwhelming. Your Assistance Program is here to help save time and clear your mind with personal assistant referrals.

Our personal assistant team listens to your requests, conducts research, and provides comprehensive referrals, resources, and information to help with your needs. **Personal Assistant** referrals can include:

- Home care, renovation, and repair services
- Grocery and meal delivery services
- Transportation, car maintenance and repair
- Travel research, planning and itineraries
- Self-care, spas, gyms, and local services
- Theatre, concerts, and sporting events referrals
- Children's sports, programs, and activities
- Donations and volunteer opportunities

*Personal Assistant referrals are non-transactional.
Your Assistance Program is free to use, confidential, and open to family members.*

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Medical Advocacy Can Help When It Matters Most

Caring for yourself and loved ones can be time-consuming and require many answers surrounding healthcare coverage and options. Medical Advocacy consultation and referrals through your Assistance Program can provide information, guidance, and resources to help.

Reach out to your Assistance Program for
referrals to a Medical Social Worker for help with:

- Interpreting information related to claims, coverage
- Navigating healthcare
- Obtaining doctor referrals
- Securing medical equipment
- Planning for transitional care or discharge

Your Assistance Program is free to use, confidential, and open to family members.

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