MEGA

EMPLOYEE ASSISTANCE PROGRAM

POWERED BY ALLONE HEALTH

Orientation to your Employee Assistance Program

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Account Manager

Life Comes with Challenges

Your Assistance Program is here to help.

All Services Are:

- **Free**
- **Confidential**
- **Available to you and your family or household members**
- **Accessible 24/7/365**





Services Include:

- Mental health sessions (up to 6 free counseling sessions per issue)
- Life coaching (up to 6 free coaching sessions per issue
- Financial consultation
- Legal referrals
- Work-life resources and referrals
- Personal assistant
- Medical advocacy

Mental Health Sessions

Reach out to your Assistance Program to speak with a mental health clinician about any issue impacting your well-being.

Mental health sessions provide short-term counseling to help:

- Manage stress, anxiety, grief, depression
- Cope with change or challenges
- Build self-awareness and practice self-care
- Resolve conflict and improve relationships
- Address substance misuse and recovery
- Talk through any personal issue



Member Experience

Receive **care your way** with convenient options for mental health support.



In-the-Moment Counseling Support

Instantly connect to a clinician by phone for urgent clinical matters



Video Counseling

Schedule a video session



Telephonic Sessions

Schedule a telephonic session



In-Person Sessions

Meet with a local clinician from our network

Life Coaching

Short-term coaching to help you and your family members:

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





Financial Consultation

Connect with a certified financial counselor for help with:

- Coping with financial stress
- Building financial awareness
- Learning budgeting strategies
- Identifying financial goals
- Addressing financial challenges
- Understanding financial planning



Legal Referrals

Receive legal referrals for personal matters, including:

- Eldercare
- Estate planning/wills
- Real estate
- Adoption
- Bankruptcy
- Divorce /custody

Work-Life Resources and Referrals

Connect with knowledgeable consultants who can help provide referrals and information for family, caregiving and work-life balance needs:

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





Medical Advocacy

Work with a Medical Social Worker to receive personalized assistance for you and your loved ones:

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



Member Portal

Visit your member landing page at **allonehealth/mega** and sign-in with your email address and company code: **MEGA** to start accessing your benefits:

- **Connect** via live chat, phone, or online requests
- **Explore** the online financial wellness center
- **Enhance** your well-being with self-care assessments & soft skills courses
- **Access** 1,000+ articles, podcasts, webinars, well-being resources and more
- **Find** exclusive marketplace discounts

How to Access Your Assistance Program:

By phone 24/7/365

Call or Text: 800.456.6327

Your online member portal

Visit: allonehealth/mega

*Includes Live Chat 8am-5pm EST

To create an account, you will need to enter your company code:

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Questions & Answers

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