

LifeResources – Employee Assistance Program

A Free and Confidential Benefit

We understand that the demands of your personal and professional life are great. LifeResources – Employee Assistance Program is designed to help you meet the challenges of these demands by offering you, your dependents and your household members Confidential Counseling and Referral Services. This free benefit is available 24 hours a day, 7 days a week. Call to speak to a licensed LifeResources Consultant who will listen to your concerns and offer guidance to help meet your needs.

Confidential Counseling Services

Employees, dependents and household members are eligible to receive up to 6 free telephonic counseling sessions or referrals to a counselor in your area that accepts your insurance. A counselor can help you become a better communicator; resolve relationship conflict; address family concerns; manage depression and anxiety; assess your level of stress; talk about a loved one's drinking; or discuss any other personal issue.

Consultation about Work Issues

The quality of your work life is important. That's why we invite you to call us about the work challenges you face. You may want to talk about a relationship with a co-worker or about how to work more effectively with your supervisor. Our consultants will offer you feedback and suggestions.

Free Legal Consultation

This service provides one free 30-minute office or telephone consultation per legal matter, excluding job-related and criminal legal issues. Typical matters include divorce and child custody; car accidents; contractual and consumer disputes; real estate and landlord/tenant issues; and insurance disputes. Employees also receive a 25% discount for additional services provided by a network attorney.

Free Financial Consultation

Employees and household members receive one free telephone consultation per financial issue. Typical financial issues include credit card debt; financial planning; retirement consultation; college planning; and tax advice.

Smartphone App

Go to Google Play or App Store, search for "AllOne Health Employee Assistance Program" and download the app. Log in with your passcode: **liferesources**. You can use the app to search for information or resources, and to contact the EAP for services.



Online Work-Life Services

Your website can help you locate a child care provider; find an assisted living program; search for the right educational program or summer camp, find a pet sitter, determine your health risk, research a medical or mental health condition, calculate mortgage payments, and more.

Website Features Include:

- 3000 tip sheets, articles, and resource guides
- Child and elder care locators
- Financial and daily living calculators
- Assessment tools

24/7 Internet Login:

www.allonehealthep.com

User ID: **healthtrust**

Password: **member**

1-800-759-8122

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