

EMPLOYEE ASSISTANCE PROGRAM

A Total
Well-Being EAP

EAP ORIENTATION

MORE THAN A BENEFIT - A LIFELINE

Presented to: City of Haverhill 2023



KEY TAKEAWAYS

- CONFIDENTIAL
- No cost for services
- Available to employees and household family members
- Easy access to services



VOLUNTARY
PARTICIPATION

What we do:



PROVIDE EASY
ACCESS TO SERVICES



OFFER IMMEDIATE
ASSISTANCE 24/7



FOCUS ON
TOTAL WELL-BEING



MENTAL HEALTH COUNSELING

- Available to employees and household family members
- Master's level counselors
- AVAILABLE in-person, video, phone, and 24/7 support
- Short-term counseling: **8** session-model

For Help With:

- Family Conflict
- Couples/Relationships
- Substance Abuse
- Work/Life Balance
- Stress
- Depression
- Grief
- Anxiety
- Parenting

LIFE COACHING

- Available to employees and household family members
- 8 sessions
- For your personal and professional goals

For Help With:

Life transitions

- Enhancing communication skills
- Improving stress and time management
- Creating better work/life balance
- Managing multiple projects and demands
- Living a more purposeful life
- Setting goals and action steps
- Improving relationships



LEGAL & FINANCIAL RESOURCES

Legal Assistance

- Bankruptcy
- Divorce/Custody
- Estate Planning/Wills
- Real Estate
- Adoption
- Elder Care

Financial Assistance

- Bankruptcy
- Home Buying
- Debt
- Identity Theft
- Retirement Planning
- College Planning

Our legal assistance connects individuals with a qualified attorney for a 30-minute consultation. The financial assistance connects individuals with certified financial planners, certified public accountants, and credit counselors based on their needs.



MEDICAL ADVOCACY

AllOne Health Medical Advocates lend a hand with all aspects of health care. It can be difficult to understand and navigate the systems and choices before you. Our advocates can help you interpret medical information related to claims, coverage and medical diagnosis. Our comprehensive approach gives you the support you need to make important decisions about taking care of yourself and your loved ones. You don't have to be alone to manage the complexity of health care.

For Help With:

- Insurance Navigation
- Doctor Referrals
- Health Care Transportation
- Durable Medical Equipment
- Discharge Planning
- Care Transition
- Geriatric Care
- Advocacy and Research
- Medical Appointment Preparation





WORK/LIFE RESOURCES

Navigating the practical challenges of life, while handling the demands of your job can be stressful. AllOne Health Work/Life resources and referral services are designed to provide knowledgeable consultation and customized guidance to assist with gaining resolution to everyday hurdles.

For Help With:

- Childcare
- Eldercare
- Housing
- Transportation
- Adoption
- Education
- Wellness
- Pet Care
- Special Needs Support

Broad Access



REDEFINING THE CLASSIC EAP

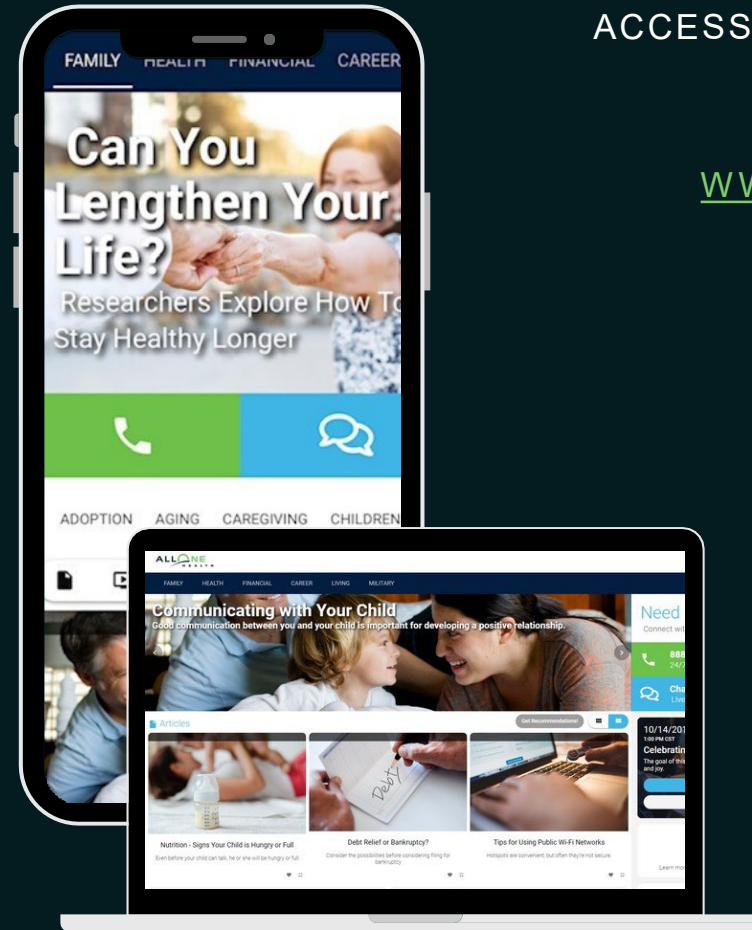
The EAP Total Well-Being model offers everyday solutions for you and your family. Our goal is to create meaningful connections with the EAP through our broad range of services and multiple access points. Services are available on-demand via telephone, web portal, mobile app, video counseling and chat.

YOUR MEMBER PORTAL ~ My Life Expert

Our game-changing mobile app and website allows users to have all the tools necessary for a healthy work/life balance, at their fingertips!

MY LIFE EXPERT ALLOWS YOU ACCESS TO:

- THOUSANDS of articles, videos, and worksheets
- Quick Health and Lifestyle assessments and surveys
- Interactive checklists
- Events Calendar for the latest webinars and online training sessions
- Your company's HR info and company-wide alerts
- Build your own Employee Profile
- 24/7 instant, confidential support



ACCESS YOUR FULL EAP BY CALLING:
800-451-1834

or GO TO:
WWW.ALONEHEALTHEAP.COM

and click on
“MEMBER PORTAL & APP”
OR
SIMPLY SCANTHIS QR CODE



TO LOG IN TO YOUR PORTAL,
USE COMPANY CODE:

Haverhill





**EAP specialists and licensed
clinicians are available to help.
Available 24/7, 365**

1-800-451-1834

www.allonehealth.com

