

# Everybody could use a little help sometimes.

By connecting you to the right information, resources, and referrals, your Assistance Program can help you overcome challenges and improve your total well-being.

The following services are free, confidential, and accessible 24/7/365 by phone, online member portal, or mobile app.



## Mental Health Sessions

Manage stress, anxiety, and depression, resolve conflict, improve relationships, overcome substance abuse, and address any personal issues.

---

## Life Coaching

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

---

## Financial Consultation

Build financial wellness related to budgeting, buying a home, paying off debt, managing taxes, preventing identity theft, and saving for retirement or tuition.

---

## Legal Consultation

Get help with personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

## Work-Life Resources and Referrals

Build financial wellness related to budgeting, buying a home, paying off debt, managing taxes, preventing identity theft, and saving for retirement or tuition.

---

## 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 or transportation, and planning for transitional care and discharge.

## Reach out to your assistance program today.

We are here to help improve mental health, build financial wellness and help people in all areas of life.



## Introducing your Member Portal and App

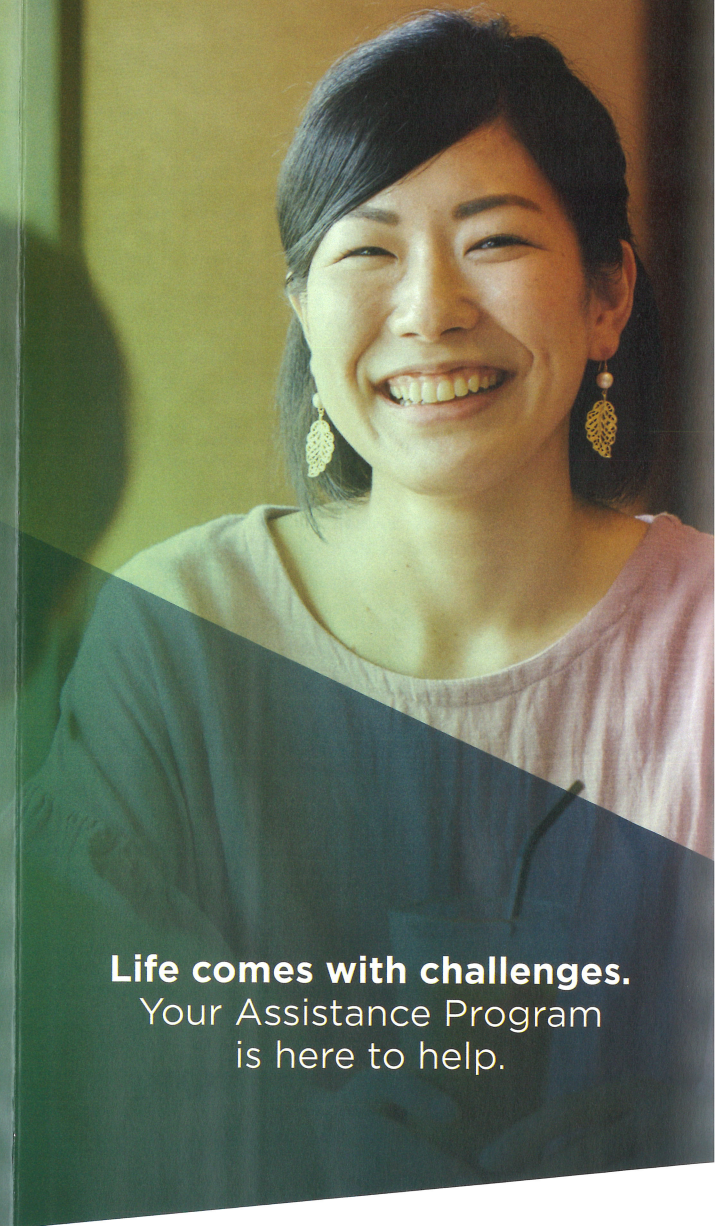
Browse benefits.  
Request services.  
Enjoy 24/7/365 access.

Providing anytime access to the following:

- **Video, chat, and telephonic access** to request mental health sessions and life management referrals.
- **Helpful resources**, including articles, videos, provider locators, assessments, calculators, and tools.
- **Events calendar** to sign up for free webinars and online training sessions.
- **Exclusive discounts** on entertainment, gifts, travel, and consumer goods.

**ALLONE**  
HEALTH

Call: 888-993-7650  
Visit: [allonehealth.com/deeroaks](http://allonehealth.com/deeroaks)



**Life comes with challenges.**  
Your Assistance Program  
is here to help.

**ALLONE**  
HEALTH