

MEMBER
ASSISTANCE
PROGRAM



A Total
Well-Being MAP



Americorps Member Assistance Program

Orientation

MORE THAN A BENEFIT - A LIFELINE

Our Goals:



PROVIDE EASY
ACCESS TO SERVICES



OFFER IMMEDIATE
ASSISTANCE 24/7

*Your needs are
our business*



HELP YOU ACHIEVE
TOTAL WELL-BEING

CONFIDENTIAL SERVICES

A grayscale photograph of a woman with blonde hair, wearing a business suit, looking down at a folder she is holding. The folder has the word "CONFIDENTIAL" printed on it. The image is partially obscured by a dark green vertical bar on the left and a dark green horizontal bar at the bottom.

VOLUNTARY PARTICIPATION

WELL BEING, DONE WELL



MENTAL HEALTH COUNSELING

- Available to members and their household family members
- Licensed Master's level counselors
- Accessible via phone, mobile app, chat, and video 24/7
- Free short-term counseling

For Help With:

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

LIFE COACHING

- Available to members & household family members
- 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
- Funding

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



PERSONAL ASSISTANT

For help managing everyday tasks on your "To do" list

Services Include:

- Travel
- Sports and Recreation
- Household Errands
- Professional Services
- Entertainment Planning
- Housing and Real Estate
- Cleaning Services
- Home Food Delivery

Access a Personal Assistant via phone, web portal, mobile app, and chat.





WORK/LIFE RESOURCES

Navigating the practical challenges of life, while handling the demands of your work can be stressful. Your Member Assistance Program's 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
- Education
- Eldercare
- Wellness
- Housing
- Pet Care
- Transportation
- Special Needs Support
- Adoption

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



Expanded Access



REDEFINING THE CLASSIC MAP

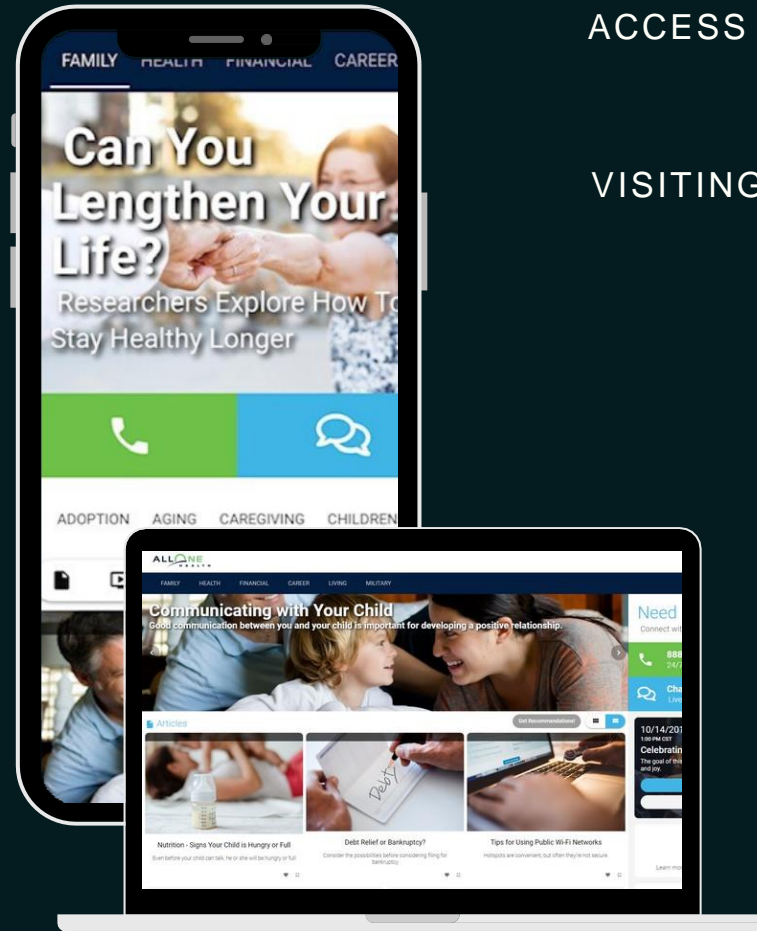
The AllOne Health Member Assistance Total Well-Being model offers everyday solutions for you and your family. Our goal is to create meaningful connections with the MAP through our broad range of services and multiple access points. Services are available on-demand via telephone, web portal, mobile app,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

MY LIFE EXPERT

Our brand new, 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
- Build your own User Profile
- 24/7 instant, confidential support



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

DOWNLOADING THE APP BY
VISITING: WWW.MYLIFEEXPERT.COM
OR

SIMPLY SCANTHIS QR CODE



TO LOG IN, ENTER CODE:
americorps





Member Assistance Program MAP

A FREE and confidential service.

MAP specialists and licensed
clinicians are available to help.

Available 24/7, 365

1-800-451-1834

www.mylifeexpert.com

