



Introducing Your Assistance Program

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Life Comes with Challenges

Your Assistance Program is here to help.

Providing the support you need to:

- Improve mental health
- Reduce stress
- Support whole health

[Information](#) | [Resources](#) | [Referrals](#)





All Services Are:

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





Services Include:

- Mental health sessions
- Life coaching
- Financial consultation
- Legal referrals
- Work-life resources and referrals
- Personal assistant
- Medical advocacy
- Wellness

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

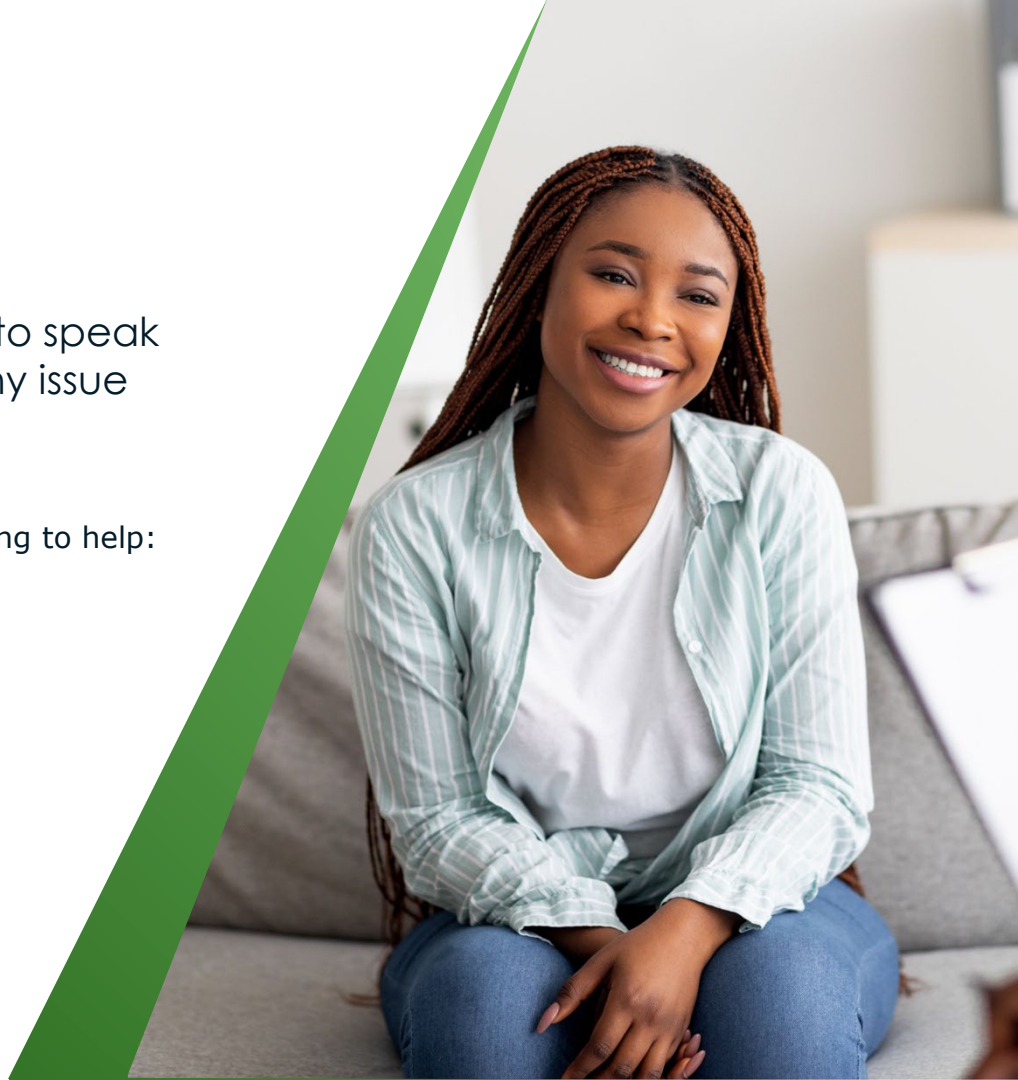


Mental Health Sessions

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



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



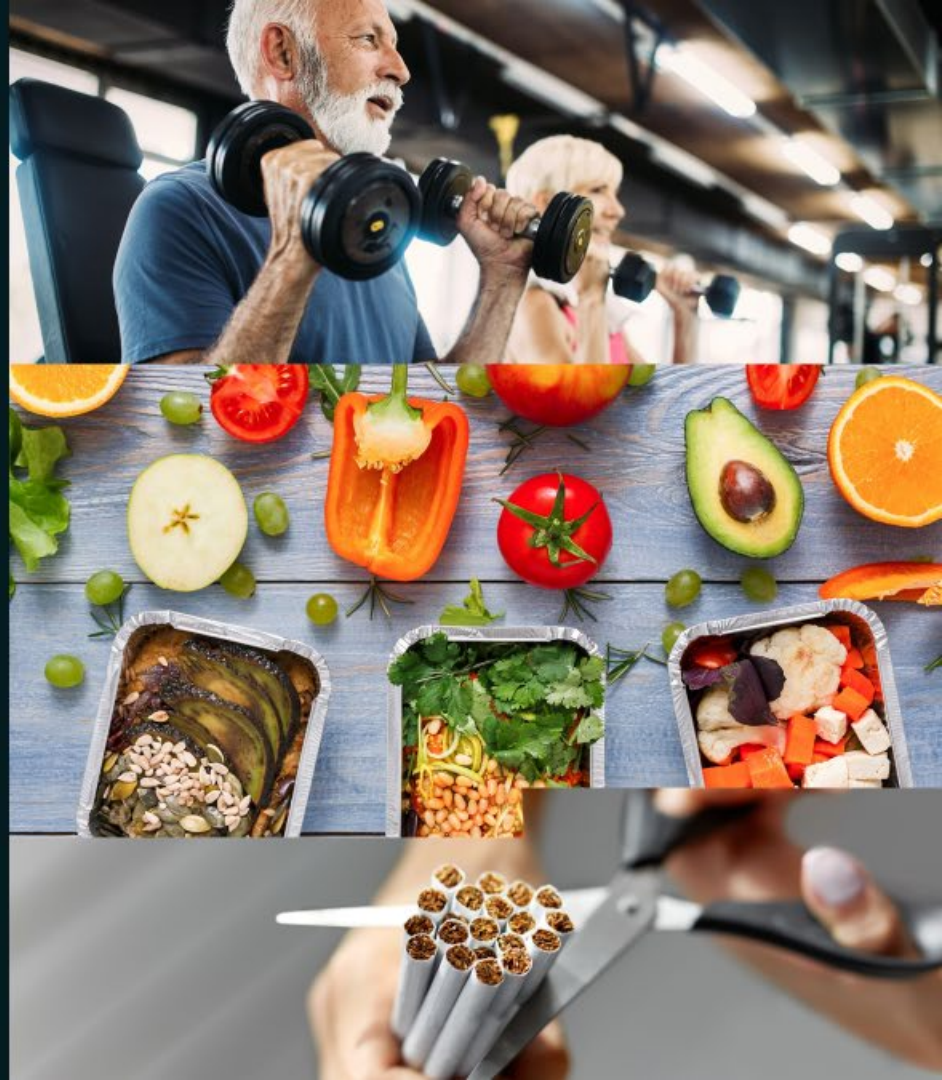
WELLNESS COACHING

AllOne Health offers Wellness Coaching to help employees and their household members with their personal wellness goals. Our coaches work with individuals to assess their needs and develop a plan to meet their goals.

4 Types of Wellness Coaching:

One-on-one sessions offered with licensed or certified professionals:

- **Fitness Coaching** - work with a certified fitness coach to develop a personalized fitness plan.
- **Nutrition Coaching** - work with a certified nutrition coach for weight loss or other health concerns.
- **Stress Reduction Coaching** - work with a certified stress reduction coach to help you better understand and effectively reduce your stress.
- **Nicotine Cessation** - work with a counselor or coach for guidance and support with developing a quit plan.





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





Personal Assistant

Save time with help from our specialists who provide information and referrals for a variety of personal needs:

- Home care, renovation, and repair services
- Grocery and meal delivery services
- Transportation, car maintenance and repair
- Travel research, planning and itineraries
- Self-care, spas, gyms, and local services
- Theatre, concerts, and sporting events referrals
- Children's sports, programs, and activities
- Donations and volunteer opportunities



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.com/portal**, and sign-in with your email address and company code: **cosummit** 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, well-being resources and more
- **Find** exclusive marketplace discounts

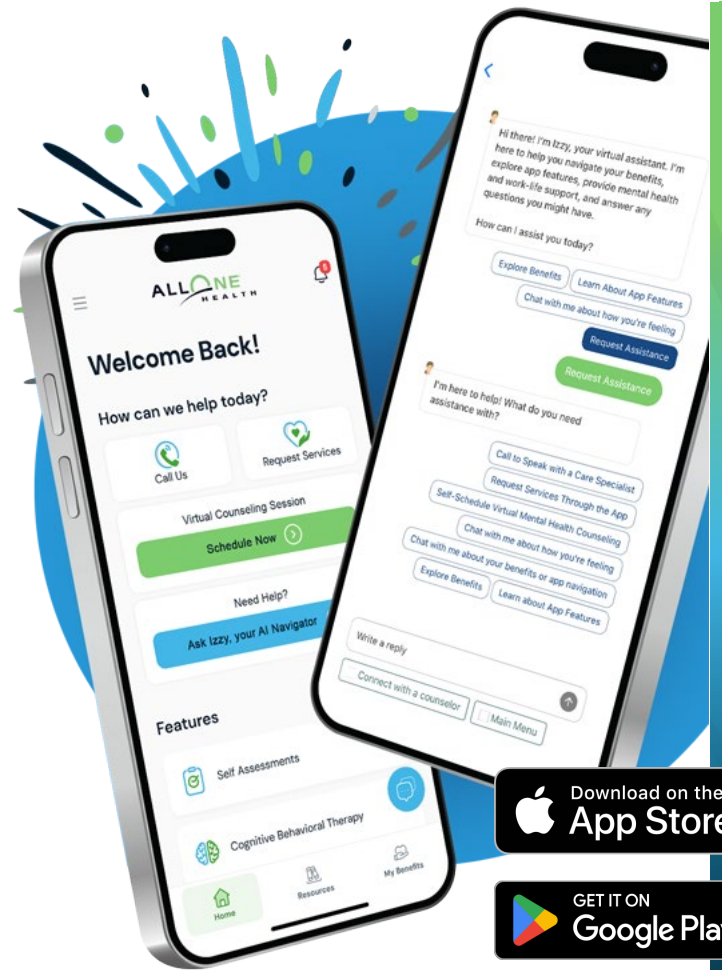
The AllOne Health App— Instant Access to Your Assistance Program

What you'll find inside the app:

- **Virtual Counseling Made Easy**
Self-schedule virtual counseling sessions directly through the app.
- **Izzy, Your AI Mental Health Navigator**
Receive guidance and personalized support in real time.
- **On-Demand Self-Help Resources**
Explore self-guided therapy (iCBT), articles, videos, assessments, and tools.
- **Real Human Support**
24/7 live assistance is always just a tap away when you want to speak to someone.

Download the AllOne Health app today and use your existing member portal access code to sign up: **cosummit**

You'll still have access to the member portal. However, the AllOne Health app makes accessing care and requesting support easier and more convenient.



Download on the
App Store

GET IT ON
Google Play



We promote mental health awareness and well-being year-round with our Insights monthly newsletter.

- Watch your inbox for monthly Insights newsletters
- Enjoy monthly articles, videos, and webinar registration links.
- Visit the Insights Newsletter Hub at: allonehealth.com/insights
- Follow us on social for all the latest resources and news



AllOne Health



Join Our Monthly Webinars

Our team of **expert in-house clinicians** produce and present free monthly webinars on topics across all areas of whole health.



How to Access Your Assistance Program:

1. By phone
Call: 800-451-1834
2. Your online member portal
Visit: allonehealth.com/portal

*Includes Live Chat 8am-5pm EST

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

A confirmation email will be sent to you to complete the process.

