

Life comes with challenges.  
**AllOne Health is here to help.**

AllOne Health can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals.

All services are free, confidential, and available to you and your family members (dependents ages 6 – 26). This includes access to short-term counseling and the wide range of services listed below:

**Mental Health Sessions – 6 sessions per issue, per year**

Manage stress, anxiety, and depression, resolve conflict, improve relationships, and address any personal issues. Choose from in-person sessions, video counseling, or telephonic counseling.

**Life Coaching- 6 sessions per year**

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

**Financial Consultation - 6 sessions per issue, per year**

Build financial wellness related to budgeting, buying a home, paying off debt, resolving general tax questions, preventing identity theft, and saving for retirement or tuition.

**Legal Referrals**

Receive referrals for personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

**Work-Life Resources and Referrals**

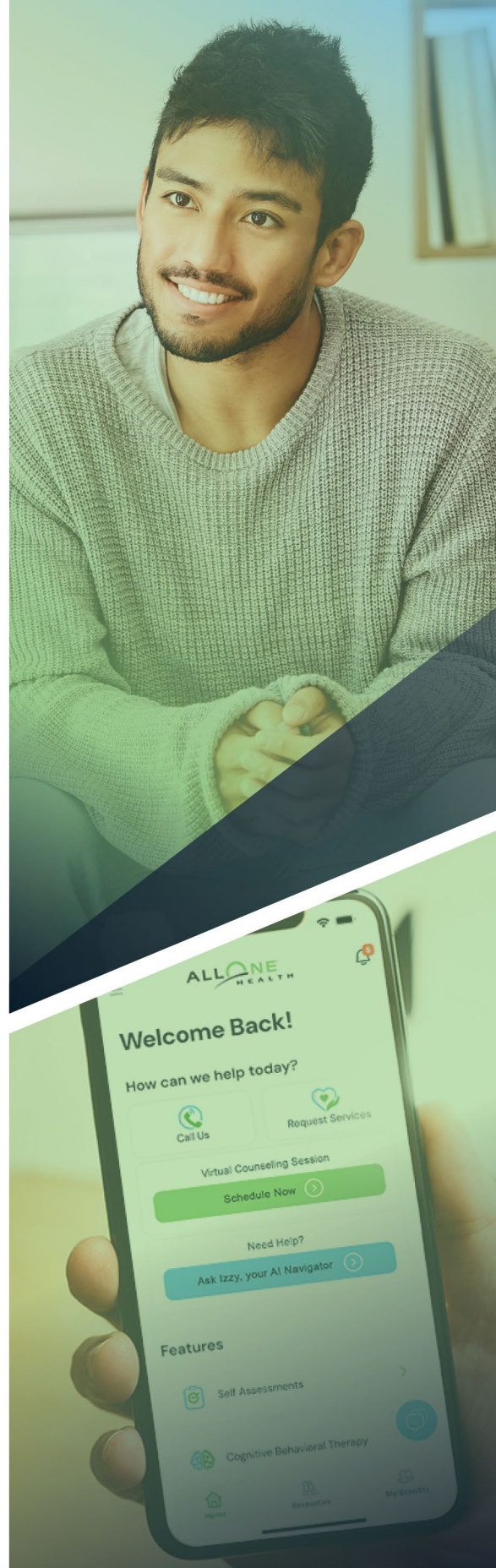
Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.

**Personal Assistance**

Save time with referrals for travel and entertainment, seeking professional services, cleaning services, home food delivery, and managing everyday tasks.

**Member Portal and the AllOne Health App**

Instantly access 24/7/365 mental health support, on-demand self-help resources, and guidance from Izzy, your AI navigator. Download the AllOne Health App and create your account using the company code **cebt**



Contact AllOne Health

Call; 800.451.1834

Visit: [www.allonehealth.com/portal](http://www.allonehealth.com/portal)

Company Code: cebt

