



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

Your Assistance Program 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. This includes access to short-term counseling and the wide range of services listed below:



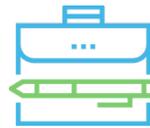
Mental Health Sessions



Life Coaching



Financial Consultation



Legal Referrals



Work-Life Resources



Medical Advocacy



Unlimited Resources, Always Available

Access your benefits 24/7/365 through your member portal with online requests and chat options. Explore thousands of self-help tools and resources including articles, assessments, podcasts, and resource locators.

Contact AllOne Health
Call: 800.932.0034
Visit: <https://cnic.mylifeexpert.com>
Code: CNIC653