

Your Employee Assistance Program Navigating AWPnow.com

Your EAP offers many resources to help you become more resilient, cope with unfortunate events and uncover a better you. AWP now.com is computer, phone and tablet friendly and your gateway for online tools, helpful resources, training content, motiving webinars and legal/financial information.

• Logging into your EAP website -

AWPnow.com/main/benefits/

- ♦ AWPnow.com/main.benefits/
- Log in with email address and password
- Create an account: 1st time logging in? Use your Registration Code available on your EAP Benefit Flyer or email us at AM@alliancewp.com



<u>View your EAP Orientation Video</u>

• On the main page, your EAP Orientation is a brief introduction to your EAP services

<u>Visit the Blog</u>

 When you need motivation, AWP provides a blog of timely information, articles and tips to make the most of your day

<u>Creating a Will</u>

Creating a will is an important step in planning the distribution of your estate (assets including real and personal property) following your death. A will allows for any children, your spouse, other family members, and pets to be provided for after your death. Although making a will is a sobering experience, your loved ones and friends will thank you for being so organized and thoughtful ahead of time. Your EAP website provides a resource for you to create a will along with other important estate planning documents at no cost to you.

To get started:

- Go to AWPnow.com
- Select Benefits > Law Access
- Click Connect to Law Access
- On the right, in the blue Legal & Financial Center box, select <u>Click here</u> to access legal and financial content.
- Download Quicken WillMaker Plus 2019 and create your customized estate plan.
- Remember to include your discount code at checkout to receive this invaluable tool for free.

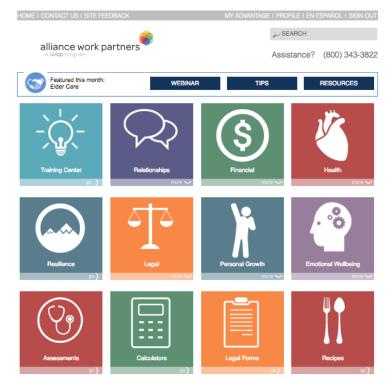
Contact Us Today: AM@alliancewp.com | 800-343-3822





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- Access HelpNet for helpful self-paced information on a variety of life events
 - Select Benefits > Help Net
 - Click Connect to Help Net
 - If you have a topic in mind, enter it into the gray Search Box on the right and press enter
 - To view personal development webinars
 - Scroll to the bottom and select the teal box labeled Webinars
 - There are three upcoming webinars listed
 - Select Click here to view all archived Webinars – over 70 available
 - Popular topics include: Caring for Elders at Home, Money Basics, Relaxation Techniques, Retirement Redefined and many more
 - To view professional development courses
 - Select the teal tile labeled *Training Center* for topics including Communication, Professional Development, Leadership, Work/Life Balance, Interpersonal Skills and more



- Other Help Net tile topics are: Relationships, Financial, Health, Resilience, Legal, Personal Growth, Assessments, Calculators, Health Video and Shopping
- <u>AWP Webinars</u> AWP provides monthly webinars that can be viewed at your convenience and are accessible for up to 90 days
 - Register for upcoming Webinars, select Webinars
 - View Webinar Recordings currently available, select Webinars > Recordings
- <u>View AWP Publications</u> Get inspired, prepared or informed for many life events by selecting Publications
 - Preparedness and Response Simple proactive steps can help us survive traumatic events
 - The Flu
 - Severe Weather
 - Identity Theft
 - Coping with terrorism
 - Traumatic events
 - Suicide Prevention Information on an important topic
 - Tips Sheets Benefit flyers for more information on your benefits

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