

# Introducing Your Member Portal and App

Browse benefits. Request services.  
Enjoy 24/7/365 access.

**Your Assistance Program** offers a wide range of benefits to help improve mental health, reduce stress and make life easier—all easily accessible through your member portal and app.

#### **Video, Chat and Telephonic Access**

24/7/365 access to request mental health sessions and life management referrals

#### **Thousands of Self-Care Articles and Resources**

Explore videos, provider resource locators, personal assessments, calculators and tools

#### **Events Calendar and Free Webinars**

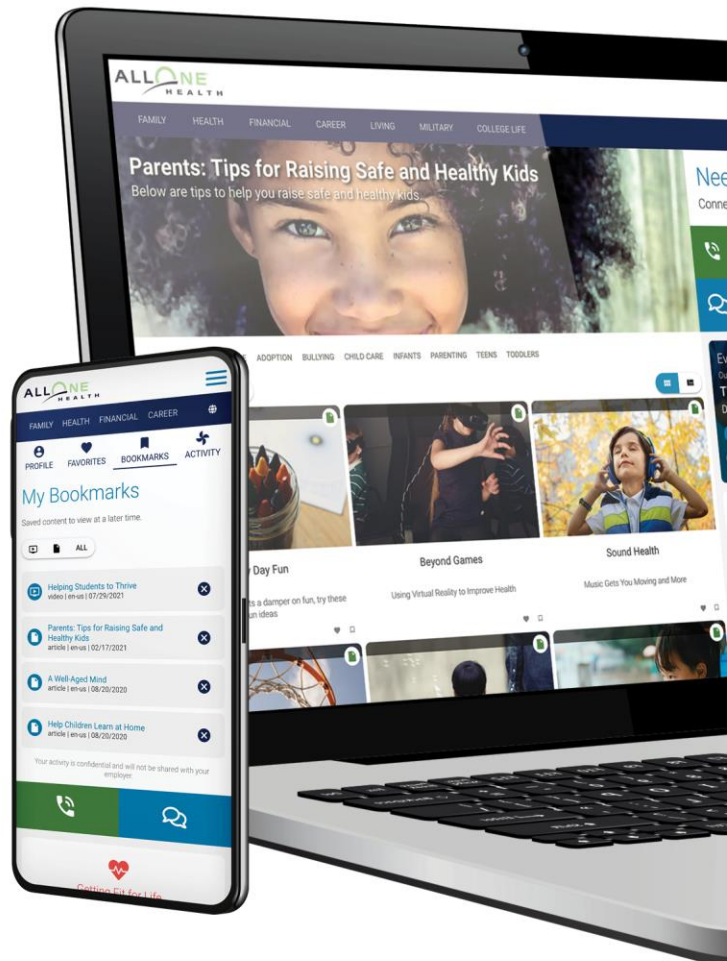
Sign up for the latest webinars and online training sessions

#### **Exclusive Discounts**

Save money on entertainment, gifts, travel and consumer goods

## Getting Started Is Easy

1. Visit your landing page, **AllOneHealthEap.com**, and click on "Select Portal & App" in the top menu
2. Register to create a new account using your company code: **ewgrsd**. A confirmation email will be sent to complete the process



Contact AllOne Health  
Call: 800-451-1834  
Visit: AllOneHealthEap.com  
Code: **ewgrsd**

