

The background of the slide is a photograph of a modern office lounge, overlaid with a semi-transparent green filter. The scene shows several people in business attire sitting on a sofa and chairs, engaged in conversation. There are indoor plants and large windows in the background. The overall atmosphere is professional and collaborative.

# Introducing Your Assistance Program

# 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



## We're Here to Help

Whether you're looking for mental health support or simply wanting to talk, your employee assistance program is here to help.

- **Professional & Private:** Counseling is confidential, HIPAA-compliant and provided by Master's Level Clinicians
- **Convenient & Accessible:** Request support anytime by phone, online, or member portal with live chat
- **Free to Get Started:** Short-term counseling sessions are included at no additional charge
- **Available to Family Members:** The assistance program is open to family members too
- **Personalized:** Our care connectors will match you with counseling support that fits your needs

# 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





## 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 advocate 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 <https://mcit.allonehealth.com>, and sign-in with your email address and company code: **mncit** 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

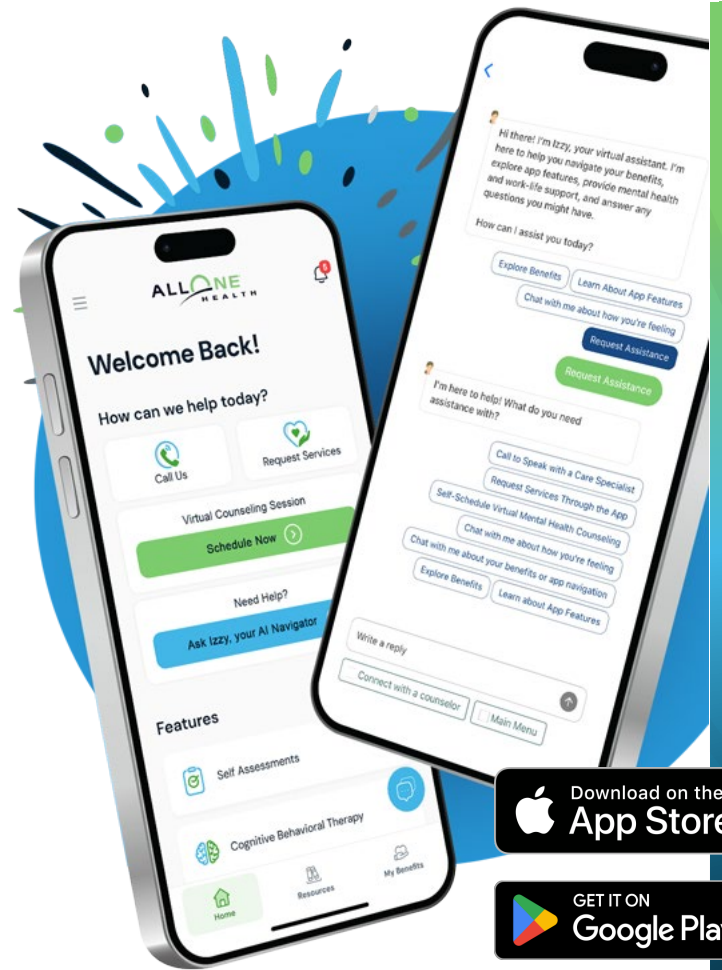
## Instant Access to Your Assistance Program

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: [mncit](#)

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**



# INSIGHTS

NEWSLETTER

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](https://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: 800-550-6248**
2. Your online member portal  
**Visit: <https://mcit.allonehealth.com>**
3. The AllOne Health app\*  
**Download on Apple and Google stores**

\*Includes Live Chat 7am-4pm CST

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

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





## Additional Support for Managers and Supervisors

We are your partners for organizational health, with a wide range of leadership support services included in the Assistance Program.

- Supervisor consultation
- Training
- Critical incident response and crisis resilience
- Building mental health awareness
- Program promotion and engagement

# Training Services

- Free monthly webinars included in the program
- Training catalog with 100+ topics
- Consultation available to meet your needs and goals



# Critical Incident Response

Critical Incident Response (CIR), including Critical Incident Stress Debriefing (CISD) to provide support for:

- Coping with natural disasters
- Employee illness or death
- Workplace violence
- Reductions-in-force
- Coping with other traumatic events that impact the workplace





**Everybody could use a little help sometimes.**

Reach out to your Assistance Program  
for personalized support.

**800-550-6248**

<https://mcit.allonehealth.com>

**ALLONE<sup>®</sup>**  
HEALTH