



reliancematrix
A MEMBER OF THE TOKIO MARINE GROUP

Employee Assistance Program **SmartChoice**

The Employee Assistance Program can help 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:



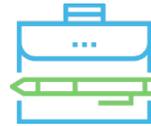
**3 Mental Health
Telephonic
Sessions per Issue**



**3 Life Coaching
Sessions**



**Unlimited
Financial
Consultation**



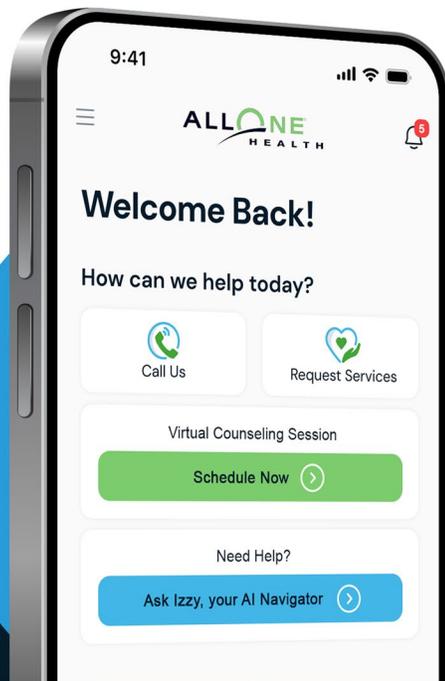
**Unlimited
Legal Referrals**



**Unlimited
Work-Life
Resources**



**Unlimited
Medical
Advocacy**



Unlimited Resources, Always Available

Access your benefits 24/7/365 through your member portal or the AllOne Health app 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: 855.775.4357

Visit: <https://allonehealth.com/reliance-matrix>

Member Portal and App Code: **RSLI859**