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**

Manage stress, anxiety, and depression, resolve conflict, improve relationships, and address any personal issues. Choose from in-person sessions, video counseling, or telephonic counseling.

## Life Coaching

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and achieve greater balance.

## **Financial Consultation**

Build financial wellness related to budgeting, buying a home, paying off debt, resolving general tax questions, preventing identity theft, and saving for retirement or tuition.

## **Legal Referrals**

Receive referrals for personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

## Work-Life Resources and Referrals

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.

## **Medical Advocacy**

Get help navigating insurance, obtaining doctor referrals, securing medical equipment, and planning for transitional care and discharge.

## **Member Portal**

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) 292-2780

Visit: www.ers-eap.com Code: benoble



# Assistance Program Member Portal



## Live Chat & Online Requests, Mental Health Support & Self-Care

Your Assistance Program is here to support the whole person, with services to strengthen mental health, build financial wellness, resolve work-life challenges, and help unleash your full potential. And our goal is to make accessing care as easy as possible with our new and improved member portal.



## **Check Out Your New Member Portal**

- 1. Visit your member landing page: www.ers-eap.com
- Log in or create an account using your email address and company code: benoble

## **Experience Enhanced Support & Resources**

- · Connect via live chat, phone, or online request forms
- Request mental health counseling or work-life benefits
- 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

## Add or Update the Member Portal Web App on Your Mobile Device

Whether you're using an iPhone or Android device, here's how to update and add the new Member Portal web app icon.

## How to Remove the Old Icon

(For members who already have the old icon)

- 1. Tap and hold the old Member Portal web app icon.
- On iPhone, tap "Delete App" when it appears. On Android, drag the icon to "Remove" and confirm the deletion if prompted.

### How to Add the New Member Portal Icon

(For members who are updating or adding for the first time)

- 1. Open your mobile device's web browser (Safari for iPhone or Chrome for Android).
- 2. Enter <u>www.ers-eap.com</u> in the address bar.
- 3. Once the web app loads, tap the share icon (on iPhone, it's a square with an arrow pointing up; on Android, it's usually three dots).
- 4. Look for an option that says, "Add to Home Screen" or "Add to Home Page" and tap it.
- 5. Customize the name of the icon to "Member Portal" if needed.
- 6. Confirm your selection by tapping "Add."

Now, you'll have the updated Member Portal web app icon on your mobile device's home screen, providing easy access to all the latest features and information. Enjoy the improved user experience!

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