



Life comes with challenges.

Your Assistance Program can help you reduce stress, improve mental

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:

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

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

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.

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

professional services, cleaning services, home food delivery, and managing everyday tasks.

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

Access your benefits 24/7/365 through your member portal with online requests and chat options. Explore thousands of self-help help@all: 800

-227-6007

Visit: MyImpactSolution.com
Code: cwrueap

