



Nonprofit  
Locally based  
Member driven

Serving Massachusetts' communities since 1982

## EMPLOYEE ASSISTANCE PROGRAM

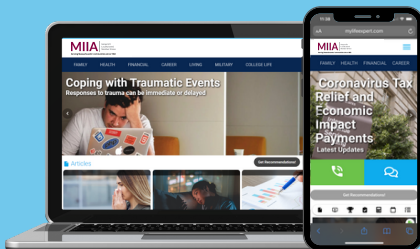


## INTRODUCING MY LIFE EXPERT

A best-in-class EAP Work-Life website with:

- RESOURCES ON LIVING, CAREER, FINANCES, AND HEALTH
- LIFESTYLE ASSESSMENTS
- SOFT SKILLS COURSES
- WEBINARS
- PLANNING CALENDARS
- 24/7 CONFIDENTIAL SUPPORT
- ...AND MORE!

Access My Life Expert by going to <https://allonehealth.com/miiaeap-2/>



## CONTACT US:

MIIA Employee Assistance Program

Phone: 1-800-451-1834

My Life Expert:

<https://allonehealth.com/miiaeap-2/>

To create your account use company code: miiaeap

## IN NEED OF A SOLUTION?

## THE MIIA EAP PROGRAM IS HERE FOR YOU.

Welcome to the MIIA-EAP, a free confidential resource for employees and household family members, as well as managers/supervisors.

### SERVICES OFFERED:

#### MENTAL HEALTH COUNSELING

Counseling services and 24/7 in-the-moment support for employees and household family members. (3 confidential sessions).

#### TRAININGS & SEMINARS

Choose from an extensive array of wellness and workplace topics.

#### FINANCIAL COUNSELING

A Certified Financial Consultant helps employees and household family members with issues like debt management, budgeting, or retirement planning. (3 sessions).

#### LEGAL REFERRALS

Connect with a qualified attorney for a free 30-minute telephonic consultation after which in-person consultations are available as needed at a 25% discount.

#### WORK-LIFE RESOURCES

Help with everyday needs, like elder care placement, daycare, parenting or adoption resources.

#### MEDICAL ADVOCACY

For support around maneuvering through the healthcare system with areas such as insurance navigation, specialist referrals, second opinions, or patient advocacy.

#### LIFE COACHING

Get connected to a Certified Life Coach for personal/professional goals (3 confidential sessions).

### SUPERVISORY SUPPORT:

#### CRITICAL INCIDENT RESPONSE DEBRIEFINGS

For support when a workplace has experienced a significant disruption.

#### EAP REFERRALS

Manager suggests or requires employee to contact EAP for concerning behavior. Substance Abuse Professionals (SAP) also available.

#### ORGANIZATIONAL DEVELOPMENT SERVICES

Mediation, Team-Building, and Executive Coaching.