



# Help Is Here To Manage Life's Many Responsibilities

To juggle work, life, and caregiving responsibilities,  
you sometimes **need an extra hand.**

**Reach out to your Assistance Program for resources and referrals**  
to address a variety of life and family needs:

- Childcare
- Eldercare
- Pet care
- Adoption
- Special needs support
- Education
- Enrichment activities
- Housing
- Transportation
- Community resources and referrals

*Your Assistance Program is free to use, confidential, and open to family members.*

**Contact AllOne Health**  
**Call: 800-451-1834**  
Visit: [allonehealth.com/portal](https://allonehealth.com/portal)  
Access Code: **BDJBP**

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