

A large green triangular graphic on the right side of the slide contains a faded image of an office interior. In the foreground, a man and a woman are seated at a table, looking at a laptop. In the background, other people are standing and talking near a large potted plant.

Introducing Your Employee Assistance Program (EAP)

Life Comes with Challenges

Your Employee Assistance Program is here to help.

Providing the support you need to:

- Improve mental health
- Reduce stress
- Support whole health

[Information](#) | [Resources](#) | [Referrals](#)



All Services Are:

- Available 24/7/365
- Nationwide
- Available to employees, dependents and household members
- Pre-paid benefit
- Confidential





Services Include:

- Mental health and coaching sessions
- Financial consultation
- Legal referrals
- Work-life resources and referrals
- Personal Assistant
- Medical Advocacy
- Ride Reimbursement
- Critical Incident Stress Debriefing



24-Hour Program Access

- Helpline: (888) 993-7650
- Member Portal: www.allonehealth.com/deeroaks



Eligibility

- Employees
- Dependents
- Household members
- Coverage extends for 6 months post-employment

Short Term Counseling

Reach out to your Employee Assistance Program to speak with a mental health clinician about any issue impacting your well-being.

6 sessions to assist with:

- Manage stress, anxiety, grief, depression
- Cope with change or challenges
- Build self-awareness and practice self-care
- Resolve conflict and improve relationships
- Address substance misuse and recovery
- Talk through any personal issue



Member Experience

Receive **care your way** with convenient options for mental health support.



In-the-Moment Counseling Support

Instantly connect to a clinician by phone for urgent clinical matters



Video Counseling

Schedule a
video session



Telephonic Sessions

Schedule a
telephonic session



In-Person Sessions

Meet with a
local clinician from
our network

Life Coaching

Short-term coaching to help you and your family members:

- Achieve personal and professional goals
- Manage life transitions
- Improve stress and time management
- Live a more purposeful life
- Overcome obstacles
- Strengthen relationships
- Improve communication
- Manage multiple projects and demands





Financial Consultation

Connect with a financial counselor for help with:

- Coping with financial stress
- Building financial awareness
- Learning budgeting strategies
- Identifying financial goals
- Addressing financial challenges
- Understanding financial planning



Legal Referrals

Receive legal referrals for personal matters, including:

Eldercare

Estate
planning/wills

Real estate

Adoption

Bankruptcy

Divorce
& Family Law

Work-Life Resources and Referrals

Connect with knowledgeable consultants who can help provide referrals and information for family, caregiving and work-life balance needs:

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





Personal Assistant

Save time in your day and ask your personal assistant to help with referrals for:

- Travel and entertainment
- Seeking professional services
- Cleaning services
- Food delivery
- Everyday tasks



Medical Advocacy

Our Medical Advocates are here to help you navigate:

- Insurance claims
- Obtaining Doctor Referrals
- Securing Medical Equipment
- Planning for Transitional Care and Discharge

- Call a cab, Uber, Lyft, Fasten, or another ride-sharing program
- Keep your receipt
- Call the helpline for instructions on receiving reimbursement for your ride
- Reimbursement up to \$45.00- excludes tip
- Available once per calendar year per person (age 18+)
- May submit receipt up to 60 days from date of service



**Take the High Road
Ride Reimbursement
Program**

Critical Incident Stress Debriefings

- Dealing with the unexpected...
- Critical Incident Support staff are selected from highly qualified clinicians who are experienced in dealing with a variety of critical Incidents. We can provide both group interventions and one-to-one support in a range of scenarios:
- Major changes can impact work/family life
- Death or injury in the workplace
- Industrial accidents and environmental disasters





We promote mental health awareness and well-being year-round with our Insights monthly newsletter.

- Watch your inbox for monthly Insights newsletters
- Enjoy monthly articles, videos, and webinar registration links.
- Visit the Insights Newsletter Hub at: allonehealth.com/insights
- Follow us on social for all the latest resources and news

AllOne Health





Member Portal

Visit us at www.allonehealth.com/deeroaks and sign-in to start accessing your benefits:

- **Connect** via live chat, phone, or online requests
- **Explore** the self-service resources
- **Enhance** your well-being with self-care assessments & soft skills courses
- **Access** articles, podcasts, well-being resources and more
- **Find** exclusive marketplace discounts

Sign Up for an
account today!

Please ensure that the company or student code corresponds to the one provided by your Assistance Program. If you are unsure about your company code, kindly contact your Assistance Program for assistance.

Create an Account

Browse benefits, request services, explore self-help content and enjoy 24/7/365 access.

Required *

Your Company/Student Code *

dcfct

Your Email Address *

Your Email Address

Your Password *

Your Password

Sign Up

[Home](#) | [Forgot Password](#) | [Email Support](#)

Your organization provides mental health and work-life resources for you and your family members.

We are here to help.

Call: **888-993-7650**

If you are experiencing a life-threatening situation, please call 911 or immediately go to an emergency room.

Request Services Online:

MENTAL HEALTH COUNSELING **WORK-LIFE ISSUES**

We provide mental health and well-being benefits to help people and organizations unleash their full potential.

Your organization has partnered with AllOne Health to give you access to:

- Mental Health Support
- Life Coaching Services
- Work-Life Resources
- Legal Referrals
- Financial Consultation
- Personal Assistance
- Medical Advocacy



GO MOBILE!

Be sure to add a shortcut to your home screen.

Log In to the Member Portal:

Browse benefits, request services, explore self-help content and enjoy 24/7/365 access.

Required *

Email *

Email

Password *

Password

Log In

[Sign Up](#) | [Forgot Password](#) | [Email Support](#)

Request Support
Anytime & Receive
Care Your Way

with Convenient Options for Mental
Health Support

Member Orientation



When You Feel Like You are Losing Your Way



Be kind
to
yourself.



My Company

Dashboard

My Profile

Logout

Need Help?

Connect with a qualified professional today



Call for Support

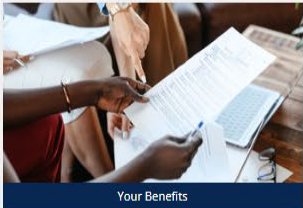
888-981-4692

Request Counseling

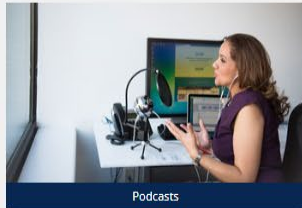
Request Worklife Services

Chat Support

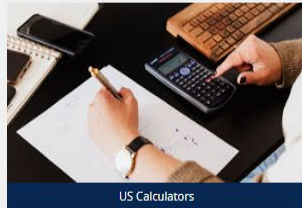
Hello Carolyn, Welcome Back!



Your Benefits



Podcasts



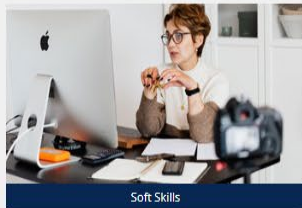
US Calculators



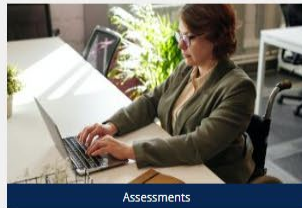
Legal Forms & Worksheets



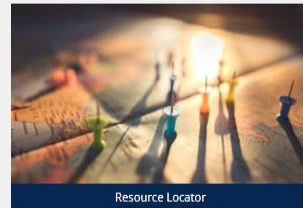
iCBT



Soft Skills



Assessments



Resource Locator



Important News From Your Assistance Program!

- AllOne Health Blog
- Insights Newsletter Hub
- Upcoming Live Webinars
- Archived Webinars

Explore Fertility
Your fertility journey begins here.

US Events Calendar:

All webinars will now have live ASL.

Don't Miss The Event Today:

Navigating Decisions as a Family

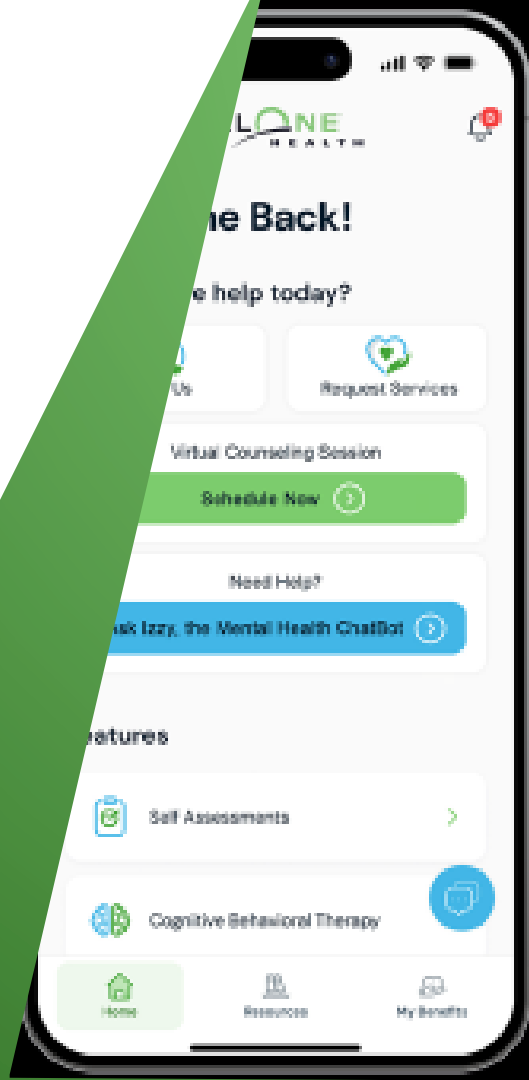
October 8, 2025 - 1:30PM EST



Mobile App

1. **Download the AllOne Health App** from the [Apple App Store](#) or [Google Play Store](#).
2. **Sign Up** using your existing member portal access code. You'll still have access to the member portal. However, the new AllOne Health App makes accessing care and requesting support easier and more convenient.
3. **Start Exploring** – Book sessions, chat with [Izzy](#), and discover resources that support your whole health.

Company Code: dcfc



Expanded Access



REDEFINING THE CLASSIC EAP

Our Total Well-Being model offers everyday solutions for you and your family. Our goal is to create meaningful connections through our broad range of services and multiple access points.

TO SCHEDULE A CONFIDENTIAL APPOINTMENT:

Contact us at (888) 993-7650 or visit us at allonehealth.com/deeroaks

How to Access Your Employee Assistance Program:

Helpline: 1-888-993-7650

Email: eap-do@allonehealth.com

Website: allonehealth.com/deeroaks

Company Code: dcfct

