

# Life comes with challenges. **Your Assistance Program is here to help.**

Reach out to your Assistance Program for short-term counseling, financial coaching, caregiving referrals and a wide range of well-being benefits to reduce stress, improve mental health and make life easier.

The following services are free to use, confidential, and available to you and your family members:

## **Mental Health Sessions**

To help manage stress, anxiety and depression, resolve conflict, improve relationships, overcome substance abuse and address any personal issues, with options for in-person, telephonic, or video counseling sessions.

## **Life Coaching**

To help reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and build balance.

## **Financial Consultation**

To help build financial wellness related to budgeting, buying a home, paying off debt, managing taxes, preventing identify theft, and saving for retirement or tuition.

## **Legal Consultation**

To help with a variety of personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

## **Life Management**

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

## **Personal Assistant**

To help manage everyday tasks and give back time by providing information and referrals for home services, repairs, travel, entertainment, dining and personal services.

## **Medical Advocacy**

To help navigate insurance, obtain doctor referrals, secure medical equipment or transportation, and plan for transitional care and discharge.

## **Member Portal and App**

Access your benefits 24/7/365 with online requests and chat options, and explore thousands of articles, webinars, podcasts and tools covering total well-being.



**Contact ACI Specialty Benefits**

**800.932.0034**

<http://sbcsc.acieap.com/>

Company Code: CSB725

**ACI** **SPECIALTY  
BENEFITS**  
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# Building Financial Wellness Is Good for Health

**It's all connected.** Financial health can affect mental health, which can affect physical health and wellness. Working with a financial coach can help you reach goals, save for emergencies, retire with confidence, and positively impact well-being.

Reach out to your Assistance Program for **financial consultation referrals** to help with:

- Budget coaching
- Bankruptcy consultation
- Home buying
- Debt management consultation and resources
- Managing taxes
- Identity theft
- Retirement questions and guidance
- Saving for college

*Financial consultation referrals are free to use, confidential, and open to family members.*

**Call: 800-932-0034**

**Visit:** [MyAssistanceProgram.com/aci](https://MyAssistanceProgram.com/aci)

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# Receive Free Legal Consultation

Legal issues can be stressful,  
time consuming, and complicated.

Reach out to your Assistance Program for free legal consultation to  
address a wide range of personal matters:

- Estate planning
- Divorce/custody
- Wills/trusts
- Real estate
- Bankruptcy
- Eldercare
- Adoption

*Sessions are free to use, confidential, and open to all family members.*

**Call: 800-932-0034**

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# Let's Work Together to Reach Your Goals

**Life Coaching can help you** define your goals and plan a strategy for achieving them.

Reach out to your Assistance Program for **one-on-one coaching sessions** to address personal priorities:


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

*Coaching sessions are free to use, confidential, and open to family members.*

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# Caring for Yourself and Loved Ones Requires Time and Answers

**Medical Advocacy** referrals can help you obtain information, guidance, and resources.

Reach out to your Assistance Program for **referrals to a Medical Social Worker** for help with:

- Interpreting information related to claims, coverage
- Navigating healthcare
- Obtaining doctor referrals
- Securing medical equipment
- Planning for transitional care or discharge

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

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# Make Your Mental Health a Priority

When it comes to managing mental health, **you are not alone.** Reach out to your Assistance Program to speak with a mental health clinician about any issue impacting your well-being.

**Mental Health Sessions** provide short-term counseling to help:

- Manage stress, anxiety, grief, and depression
- Resolve conflict and improve family relationships
- Address substance misuse concerns
- Find support for personal challenges

*Sessions are free to use, confidential, and open to family members.*

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# Save Time with Personal Assistant Referrals

To make the most of every minute  
—and opportunity—**it helps to delegate.**

Reach out to your Assistance Program for **Personal Assistant Referrals** to help save time and tackle to-do's:

- Travel research and referrals
- Moving and cleaning resource referrals
- Home and auto repair options
- Sporting and entertainment information

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