

ALLONE HEALTH APP AND MEMBER PORTAL

# Instant Access to the Employee Assistance Program

Taking care of your mental health should be simple, supportive and always within reach. The AllOne Health\* mobile app and web portal make it easy to access the care you need when you need it through the Employee Assistance Program.

Whether you're navigating life's challenges, looking for resources or just need someone to talk to, the Employee Assistance Program is here to help.

## What You'll Find

### Virtual Counseling Made Easy

Self-schedule virtual counseling sessions directly through the app or portal.

### Izzy, the AI Mental Health Navigator

Receive guidance and personalized support in real time.

### On-demand Self-help Resources

Explore self-guided therapy, articles, videos, assessments and tools

### Family Care and Lifestyle Support Referrals

Request referrals for child care, elder care, legal, financial consultation, personal assistant and medical advocacy.

### Real Human Support

24/7 live assistance is always just a tap away when you want to speak to someone.

## How It Works

1. **Download the AllOne Health App** from the [Apple App Store](#) or [Google Play Store](#) or visit [MCIT.AllOneHealth.com](#)
2. **Sign up** using the member portal and app code:  
The email address and password used to create your account will work for both the app and web portal.
3. **Start exploring:** Book sessions, chat with Izzy and discover resources that support your whole health.

\*AllOne Health is the service provider for the Employee Assistance Program provided to you as an employee of an MCIT member organization.



## Reminder

The EAP mobile app and web portal may not be consistent with your employer's policies and practices.

Contact AllOne Health  
**Call 800.550.6248** | Visit [MCIT.AllOneHealth.com](#)

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