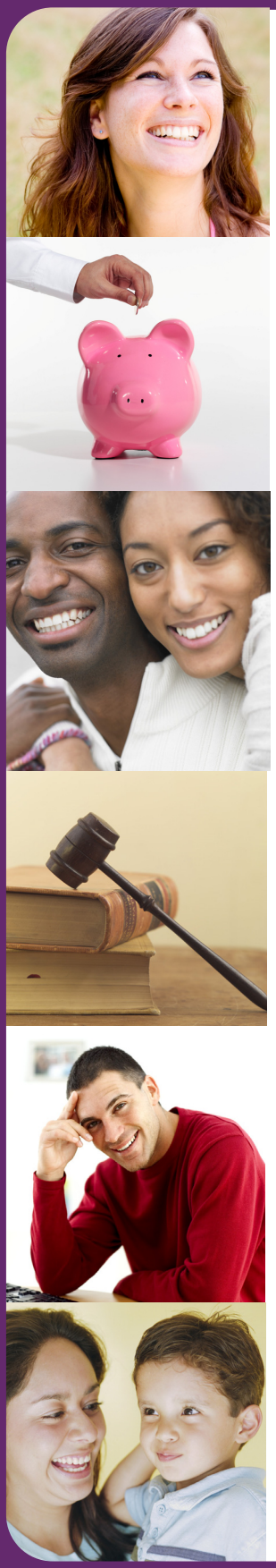

MIIA Employee Assistance Program (EAP)

A Confidential Counseling and Referral Service

You receive 3 confidential in-person or phone counseling sessions.

- Manage Anxiety/Depression
- Adjust to Demands of Work
- Resolve Relationship Conflict
- Talk About a Loved One's Drinking
- Address Parenting and Family Issues
- Assess Your Level of Stress
- Become a Better Communicator

You receive legal assistance.

One free 30 minute office or telephone consultation per legal matter (does not include job-related legal issues).

- Divorce
- Child Custody
- Car Accidents
- Real Estate / Landlord / Tenant Issues

You receive financial counseling.

One free 30 minute telephone consultation per financial issue.

- Financial Planning
- Credit Card Debt
- Tax Advice
- College Planning
- Retirement Consultation

Available to employees and household members
24 hours a day, 7 days a week

800-451-1834

ALL ONE™ HEALTH RESOURCES

MIIA Massachusetts Based Member Driven