

Employee Assistance Program (EAP)

Monthly Publications

July 2020



Working Solutions

When a Coworker has Cancer
Remote Worker Dieting and Fitness Tips
Overcome Struggles with Tardiness
... and more

[English](#) [Spanish](#)

Balanced Living

Caring for the Caregiver

Most families and households have that person — the caregiver whom others lean on to provide the lion's share of care when a loved one is stricken by illness, injury, disability and the like. But who's looking out for the best interests of the caregiver?

Featured Articles:

Your Internal Motivators and Supporting Others
Using Effective Communication

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Wellness News

Safe Summer Fun

With summer around the corner, it is important to remember a few basic rules to enjoy a safe, fun summer and avoid the pesky problems that can come with being outdoors.

Featured Articles:

Recognizing Heat Emergencies

Recipe: Watermelon Yogurt Ice

Health Tip: Play Smart so you can Play Hard
Exercise in the Heat

[English](#) [Spanish](#)

Benefit Spotlight

Planning for the Future

Creating a will is an important step in planning the distribution of your estate (assets including real and personal property) following your death. A will allows for any children, your spouse, other family members, and pets to be provided for after your death. Although making a will is a sobering experience, your loved ones and friends will thank you for being so organized and thoughtful ahead of time.

Your EAP website provides a resource for you to create a will along with other important estate planning documents at no cost to you.

To get started:

- Go to **AWPnow.com**
- Select Benefits > **Law Access**
- Click **Connect to Law Access**
- On the right, in the blue Legal & Financial Center box, select **Click here** to access legal and financial content.
- **Download Quicken WillMaker & Trust** to create your customized estate plan.
- Remember to **include your discount code at checkout** to receive this invaluable tool at no cost.

For more information, contact us at AM@alliancewp.com | 800-343-3822

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Summertime & Your EAP

Your EAP is available all summer long. School is out and it is time to relax. Sometimes summer seems busier than the school year. Your EAP can help. We're here all summer long and ready to assist.

Read More

Alliance Work Partners is here to assist you with a variety of needs.

Every employee is eligible to use the EAP. It's a confidential service to help employees, and their household members, address stressful situations.

Call 1-800-343-3822 to get started.

You'll speak with an Intake Counselor and they will review your no-cost options.

LifeStyle Tip Sheet

The Importance of Hydration

Being well hydrated is essential for good health. Consuming water is necessary to keep the body's systems functioning properly.

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Webinar Recording Available

Bringing It: Finding Value in Your Role

recorded 6/10/2020

This introspective training reinforces employees' individual attitudes about their contribution to a team. It poses an essential question: What brings importance to the work I do: the job title or my own integrity?

[View Webinar](#)

Preparedness & Response

Keep Food Safe During Severe Weather

Severe weather such as hurricanes, flooding, fires, power outages and other emergencies can result in the loss of power and without power comes food safety challenges. The temperature and sanitation of food storage areas is crucial to preventing bacterial growth, and severe weather and other emergencies can compromise this. Knowing what to do in these instances can minimize the need to throw away food and the risk of getting sick.

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Hurricane Season Begins June 1st

Preparation is the best protection against the dangers of a hurricane. Know the difference between the threat levels and plan accordingly.

- [Hurricanes | Ready.gov](#)
- [National Hurricane Center](#)
- [American Red Cross](#)

[View PDF](#)

Life sometimes catches us off guard. Your AWP EAP website has toolkits to support you before, during and after whatever event or emergency you're managing. Visit and browse today!

<https://www.awpnow.com/main/disaster-preparedness/>

... here for you as life happens

Habits to Live Distraction Free

Our world has become a constant feed of information, noise, and entertainment. Our phones live not just in our pockets, but in front of our eyes. The influence of the Internet and its constant stream of information is accessible from nearly corner of our world. Breaking news breaks into our day at breakneck speed. And we are fed messages relentlessly from advertisements on nearly every flat surface. Each distraction enters our mind with one goal: Gain control of our attention and resources.

[Read More](#)

We are available to you 24 hours a day, 7 days a week:

1-800-343-3822

TDD 800-448-1823

www.AWPnow.com

Contact your Account Manager at AM@alliancewp.com for PDFs and/or additional topics | content | information.



Alliance Work Partners is a professional service of Workers Assistance Program.

Visit Your EAP Blog Today

Have you checked out your AWP EAP Blog?

Here's a snapshot of what you may have missed:

[Fun Summer Camp Crafts and Activities to Try at Home](#)

[Ways to Relieve Tired Eyes](#)

[Air Purifying Plants to Help You Breathe Better at Home](#)

[Tips for Telling Stories That Are So Interesting Listeners Won't Be Tempted to Pull Out Their Phones](#)

... and much more. Highlighting news, resources, conversations and features for our valued customers. Be sure to visit often to see what's new.

Optimized for all devices including: desktops, laptops, tablets, smart phones and more.

<https://www.awpnow.com/main/blog/>

Publications Archive

We're here for you as life happens!

Alliance Work Partners (AWP) is your Employee Assistance Program (EAP) offering you and your family valuable, confidential services at no cost to you. Designed to help you manage daily responsibilities, life events, work stresses or issues affecting your quality of life, AWP is available to take your call 24 hours a day, 7 days a week ~ 1-800-343-3822.

Visit your customized EAP website

www.AWPnow.com

To create an online account, Select "Access Your Benefits"

First Time Log-in use your registration Code.

Need your registration code? Email us at <AM@alliancewp.com>



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