

Employee Assistance Program (EAP)

Monthly Publications

May 2021



Working Solutions

Mental Health Awareness Month: What's Normal, What's Not
Stop Procrastinating with the Five-Second Rule
Your First Back to Work Team Meeting
... and more

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

Balanced Living

Friends Are Good For Your Health

Everybody needs friends, but not everybody knows how to make friends and keep them. Demands from job and family can leave many people with little energy for bringing new people into their lives or for nurturing the relationships they already have. But friends are important to your health.

Featured Articles:

How to Give Feedback
Secrets to Finding Happiness

[Read More](#)

Wellness News

Allergies vs Flu vs COVID

May is a peak season for people with asthma and allergies, making it a perfect time to educate patients, family, friends, co-workers and others about these diseases.

Featured Articles:

National Bike Month
Recipe: Summer Fruit Salad
Health Tip: Feel Your Best, Get Some Rest
High Blood Pressure

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

Benefit Spotlight

AWPnow.com – Your EAP Website

Your EAP offers many resources to help you become more resilient, cope with unfortunate events and uncover a better you. AWPnow.com is computer, phone and tablet friendly and your gateway for online tools, helpful resources, training content, motivating webinars and legal/financial information.

- **View your EAP Orientation Video** on the main page for a brief introduction to your EAP services.
- **Access your EAP Benefits** by choosing the benefit menu option.
- **Visit the Blog** when you need motivation, AWP provides a blog of timely information, articles and tips to make the most of your day.
- **Access HelpNet** for helpful self-paced information on a variety of life events.
- **AWP Webinars** can be viewed at your convenience and are accessible for 60 days. To register for upcoming Webinars, select *Webinars*; to view Webinar Recordings currently available, select *Webinars > Recordings*
- **View AWP Publications** to be inspired, prepared or informed for many life events by selecting Publications
- **Preparedness and Response Toolkits** provide resources and information to be prepared for as well as how to respond to life, weather, community, national, and worldwide events.

Help is just a mouse click away!

Log in today:

- Go to: www.AWPnow.com/main/benefits/
- Click **Access Your Benefits**
- **Log in** using your username & password

To **create your AWPnow.com account**, complete the registration fields and enter your **Registration Code**. For your Registration Code and/or more information, contact your Account Manager by emailing AM@alliancewp.com.

<https://www.AWPnow.com>

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

Grilling the Healthy Way

Build a balanced and satisfying plate at your next cookout! This ensures that you enjoy some of your favorites, all the while keeping your portion sizes in check.

English | Spanish

Webinar Recording Available

Sandwich Generation

4/14/2021

Working adults caring for multiple generations can easily become distressed, as they feel caught balancing the needs of children, aging parents, and themselves. This seminar focuses participants on finding the support and resources to help with their largest responsibilities.

[View Webinar](#)

Preparedness & Response

Before a Storm

Every year, your family should review your hurricane plan and make changes as necessary. If you plan to evacuate, your plan should include where you will go, the route to get there, when you will leave and what to take with you, and what preparations you will make to your home.

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

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

Summer & Your EAP

After a busy school year, your EAP is available all summer long. The EAP is a confidential, no cost resource to address whatever your summer brings.

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

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:

Improve Your Relationships with Effective Communication Skills

Why Are There More Bugs in Spring?

The Difference Between Mental Strength & Mental Health

Protect Your Data When Using Money Apps

... 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>

alliance work partners 

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