The AllOne Health App and Member Portal— **Instant Access to Your Assistance Program**

Taking care of your mental health should be simple, supportive, and always within reach. That's why we created the AllOne Health app and member portal—to make it easier than ever for you to access the care you need, when you need it.

Whether you're navigating life's challenges, looking for resources, or just need someone to talk to, we're here to help.

WHAT YOU'LL FIND

Virtual Counseling Made Easy
Self-schedule virtual counseling sessions directly through the app.

Izzy, Your AI Mental Health Navigator
Receive guidance and personalized support in real time.

On-Demand Self-Help Resources
Explore self-guided therapy (iCBT), articles, videos, assessments, and tools.

Family Care and Lifestyle Support Referrals
Request referrals for childcare, eldercare, 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 allonehealth.com/portal.
2. **Sign Up** using your member portal and app code. The email address and password used to create your account will work for both the app and the member portal.
3. **Start Exploring** – Book sessions, chat with Izzy, and discover resources that support your whole health.

Download the App and Take the First Step
No matter where you are in your journey, support is here—because your mental health deserves care that's easy to access, always available, and built around you.

Download on the App Store | GET IT ON Google Play

Contact AllOne Health
Call: 800-451-1834
Visit: allonehealth.com/portal
Member Portal and App Code: siouxfalls

ALLONE HEALTH