

# Life comes with challenges. The FDA's Member Assistance Program is here to help.

**Starting Jan. 1, 2025, FDA members have free, confidential access to AllOne Health's counseling and work/life services.**

The Florida Dental Association's (FDA) Member Assistance Program (MAP) can help you reduce stress, improve mental health and make life easier by connecting you to the right information, resources and referrals.

All services are confidential and available to you and your household as an FDA member benefit. This includes access to short-term counseling and the wide range of services listed below:

## **Mental Health Sessions**

Manage stress, anxiety and depression; resolve conflict, improve relationships and address personal issues. Choose from in-person sessions, video counseling or phone counseling.

## **Life Coaching**

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships and achieve greater balance.

## **Financial Consultation**

Build financial wellness related to budgeting, buying a home, paying off debt, resolving general tax questions, preventing identity theft and saving for retirement or tuition.

## **Legal Referrals**

Receive referrals for personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody and more.

## **Work-Life Resources and Referrals**

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education and pet care.

## **Personal Assistant**

Save time with referrals for travel and entertainment, professional services, cleaning services, home food delivery and managing everyday tasks.

## **Medical Advocacy**

Get help navigating insurance, obtaining doctor referrals, securing medical equipment and planning for transitional care and discharge.

## **Member Portal**

Access your benefits 24/7/365 through the member portal with online requests and chat options. Explore thousands of self-help tools and resources including articles, assessments, podcasts and resource locators.



No matter what the concern might be ... connect with AllOne Health. It is a great starting point to find appropriate resources, referrals, information and support. Simply pick up the phone and call: 800.788.8630 or login to [www.encompass.us.com](http://www.encompass.us.com) to access your services.

## **Contact AllOne Health**

**800.788.8630**

[www.encompass.us.com](http://www.encompass.us.com)

Code: fdamap



[floridadental.org/healthy](http://floridadental.org/healthy)