

HEALTHY DENTIST



HEALTHY DENTIST = HEALTHY PATIENTS

Life comes with challenges.

The FDA's Member Assistance Program is here to help.

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.

Services are confidential and available to you, and your household team as an FDA member benefit. This includes access to short-term counseling for FDA members and their household, in-the-moment assistance for dental team members, and the wide range of services listed below:

Mental Health Sessions

(FDA Members and their household only)

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

In-the-Moment Assistance

For urgent mental health concerns you may speak with a clinician 24/7/365.

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.

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.

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.

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: 800.451.1834 or login to AllOneHealth.com/portal to access your services.



Contact AllOne Health

800.451.1834

AllOneHealth.com/portal

FDA Member Code: `fdamap`
Team Member Code: `fdastaff`



florida dental
ASSOCIATION

For information on all wellness resources available for FDA members and their team, visit floridadental.org/healthydentist.