



**OHIO**  
UNIVERSITY

Life comes with challenges.

# Your Assistance Program is here to help.

**Your Assistance Program can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals.**

All eligible employees, spouse/partner, dependents, household members and parents/parents-in-law are eligible to use any of the IMPACT services. This includes access to short-term counseling and the wide range of services listed below:

#### **6 Mental Health Sessions**

Manage stress, anxiety, and depression, resolve conflict, improve relationships, overcome substance abuse, and address any personal issues.

#### **6 Life Coaching Sessions**

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

#### **Financial Consultation**

Build financial wellness related to budgeting, buying a home, paying off debt, managing taxes, preventing identity theft, and saving for retirement or tuition.

#### **Legal Consultation**

Get help with 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, seeking professional services, cleaning services, home food delivery, and managing everyday tasks.

#### **Personalized Medical Guidance**

Personalized Medical Guidance is available when you or a loved one receives a serious diagnosis, needs a new routine doctor, is seeking a second opinion, and more.

#### **Member Portal and App**

These digital tools enable you to access your benefits 24/7/365 with online requests and chat options. They also provide easy access to thousands of articles, webinars, podcasts, and tools covering total well-being.



Contact IMPACT Solutions

Call: **800-227-6007**

Visit: [www.MyImpactSolution.com](http://www.MyImpactSolution.com)

Code: **ohiou**

**IMPACT SOLUTIONS**  
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