



Your Employee Assistance Program Navigating AWPnow.com

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



- **Logging into your EAP website –**

AWPnow.com/main/benefits/

- ◆ AWPnow.com/main/benefits/
- ◆ Log in with email address and password
- ◆ Create an account: 1st time logging in? Use your Registration Code available on your EAP Benefit Flyer or email us at AM@alliancewp.com

- **View your EAP Orientation Video**

- ◆ On the main page, your EAP Orientation is a brief introduction to your EAP services

- **Visit the Blog**

- ◆ When you need motivation, AWP provides a blog of timely information, articles and tips to make the most of your day

- **Creating a Will**

Creating a will is an important step in planning the distribution of your estate (assets including real and personal property) following your death. A will allows for any children, your spouse, other family members, and pets to be provided for after your death. Although making a will is a sobering experience, your loved ones and friends will thank you for being so organized and thoughtful ahead of time. **Your EAP website provides a resource for you to create a will along with other important estate planning documents at no cost to you.**

To get started:

- ◆ Go to **AWPnow.com**
- ◆ Select Benefits > **Law Access**
- ◆ Click **Connect to Law Access**
- ◆ Click **LEGAL FORMS** (*left hand side, middle picture*).
- ◆ Click **Personal Documents** (*left hand side, top*).
- ◆ Choose **State** from drop-down menu.
- ◆ Scroll to bottom of page and select Wills template.
- ◆ Click **START NOW**.
- ◆ Each user will be asked to create a private, customized account to assure privacy for their document(s).
- ◆ Complete the questionnaire, save the document, print and execute. *You can access at a later date by logging in to your account.*



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A Wap Program



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- **Access HelpNet** for helpful self-paced information on a variety of life events
 - ◆ Select **Benefits > Help Net**
 - ◆ Click **Connect to Help Net**
 - ◆ If you have a topic in mind, enter it into the gray **Search Box** on the right and press enter
 - ◆ To view personal development webinars
 - Scroll to the bottom and select the teal box labeled **Webinars**
 - Choose from **current** available webinar, **upcoming** or **archived** webinars.
 - Popular topics include: Caring for Elders at Home, Money Basics, Relaxation Techniques, Retirement Redefined and many more
 - ◆ To view professional development courses
 - Select the teal tile labeled **Training Center** for topics including Communication, Professional Development, Leadership, Work/Life Balance, Interpersonal Skills and more
 - ◆ Other Help Net tile topics are: Relationships, Financial, Health, Resilience, Legal, Personal Growth, Assessments, Calculators, Health Video and Shopping
- **AWP Webinars** – AWP provides monthly webinars that can be viewed at your convenience and are accessible for up to 60 days
 - ◆ Register for upcoming Webinars, select **Webinars**
 - ◆ View Webinar Recordings currently available, select **Webinars > Recordings**
- **View AWP Publications** – Get inspired, prepared or informed for many life events by selecting Publications
 - ◆ Preparedness and Response – Simple proactive steps can help us survive traumatic events
 - The Flu
 - Severe Weather
 - Identity Theft
 - Coping with terrorism
 - Traumatic events
 - ◆ Suicide Prevention – Information on an important topic
 - ◆ Tips Sheets – Benefit flyers for more information on your benefits



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