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
  - On the right, in the blue Legal & Financial Center box, select **Click here** to access legal and financial content.
  - **Download Quicken WillMaker Plus 2019** and create your customized estate plan.
  - Remember to **include your discount code at checkout** to receive this invaluable tool for free.

Contact Us Today: AM@alliancewp.com | 800-343-3822
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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
    - There are three upcoming webinars listed
    - Select Click here to view all archived Webinars – over 70 available
    - 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 90 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