Working Solutions

Strengthen Your Immune System
Music Can Make More of Exercise
Flip the Script to Fight Negativity
... and more

English  Spanish

Balanced Living

Recognizing & Overcoming Communication Barriers
Learning the barriers to effective communication will not only help improve your communication, but also your overall quality of life.

Featured Articles:
Reducing Workplace Stress
20 Ways to Reduce Stress

Read More

Wellness News

Strategies for Successful Meal Planning
There are so many benefits to planning your meals ahead of time. Meal planning takes the stress out of planning lunches and dinners every day during your busy week.

Featured Articles:
Shopping Healthy on a Budget
Recipe: Sheet Pan Beef and Black Bean Nachos
Health Tip: Feel Your Best, Get Some Rest
Sleep and Your Blood Pressure

English  Spanish

Benefit Spotlight

WorkLife Services
Your EAP regularly helps people much like yourself locate the services they need to help family members and themselves cope with life's challenges. Frequently the hardest part of a decision is doing the research to make your choice.
Alliance Work Partners is here to assist you with a variety of needs.

Every employee is eligible to use the EAP. It's a confidential service to help employees, and their household members, address stressful situations.

Call 1-800-343-3822 to get started.
You'll speak with an Intake Counselor and they will review your no-cost options.

LifeStyle Tip Sheet

A Good Night’s Sleep: The Hidden Key to Wellness
How do you know if you’re getting enough sleep? Listen to your body. Falling asleep at a symphony or at the movies isn’t necessarily a sign that the event is boring. It’s a sign that you’re not getting enough sleep.

Information and Resources

View PDF
AWPNow.com
How to Sleep Better

Webinar Recording Available

Diversity and Respect in the Workplace
recorded 2/12/2020

Cultural disrespect is not an “agree to disagree” situation. Recognizing and respecting individual differences is paramount to working comfortably and effectively in today’s workplaces.

View Webinar

Preparedness & Response

Coronavirus | CVID19

Since the first critical updates of the COVID-19 coronavirus were released to the public, we have been actively monitoring the situation and providing updates through the live News Alert on your website. With reports of new cases developing in the United States and the indication that community spread of COVID-19 is now underway, we wanted to make you aware that we are continuing to review and respond to events related to this health emergency.

Currently, we have updated our News Alert page with additional resources and are reaching out to our subject matter experts to provide new content that addresses the unique concerns US citizens have been sharing. From major cities to rural communities, Americans have different needs, and we want to make sure we can provide support for those needs in meaningful ways. In the meantime, we will continue our daily monitoring of the COVID-19 spread worldwide and adjust our resources as new developments happen, so your members have access to the information they need to properly prepare and respond.

Resources
Life sometimes catches us off guard. Your AWP EAP website has toolkits to support you before, during and after whatever event or emergency you're managing. Visit and browse today!

https://www.awpnow.com/main/disaster-preparedness/

March is National Nutrition Month
Healthy eating is important no matter how old you are. Celebrate nutrition this month as the season changes from winter to spring, March is the perfect time to celebrate blooming a healthy lifestyle!

Information and Resources
AWPnow.com
Choose My Plate
Great Plate: English | Spanish

We are available to you 24 hours a day, 7 days a week:
1-800-343-3822
TDD 800-448-1823
www.AWPnow.com

Contact your Account Manager at AM@alliancewp.com for PDFs and/or additional topics | content | information.

Visit Your EAP Blog Today
Have you checked out your AWP EAP Blog?
Here's a snapshot of what you may have missed:

Hiking is Good for You
Keep Your Heart Healthy
Making Time for Bonding with Your Kids
Mindful Eating
... and much more. Highlighting news, resources, conversations and features for our valued customers. Be sure to visit often to see what's new.

Optimized for all devices including: desktops, laptops, tablets, smart phones and more.

https://www.awpnow.com/main/blog/

Publications Archive

We’re here for you as life happens!

Alliance Work Partners (AWP) is your Employee Assistance Program (EAP) offering you and your family valuable, confidential services at no cost to you. Designed to help you manage daily responsibilities, life events, work stresses or issues affecting your quality of life, AWP is available to take your call 24 hours a day, 7 days a week ~ 1-800-343-3822.

Visit your customized EAP website

www.AWPnow.com

To create an online account, Select "Access Your Benefits"
First Time Log-in use your registration Code.

Need your registration code? Email us at <AM@alliancewp.com>

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