



## 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/](http://AWPnow.com/main/benefits/)

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

◆ **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