

January 2026



## Did You Know...

**Cleveland Metropolitan Schools has partnered with AllOne Health EAP, an independent third-party vendor, to provide free and confidential well-being services to you and your household members. This includes access to short-term counseling and a wide range of work/life services.**

### **What kinds of services does AllOne Health provide?**

Through AllOne Health EAP, all full-time and part-time staff can receive complimentary mental health sessions and life coaching sessions. Additional work/life services include financial consultations, legal referrals, work-life resources (childcare, housing, and more), personal assistant support, and medical advocacy.

Also, the AllOne Health Member Portal and App provides instant access to additional mental health and well-being resources:

- Self-scheduled virtual counseling sessions
- On-demand self-help resources, including soft skill courses and self-care assessments
- Financial wellness center
- 1,000+ articles, podcasts, webinars, and other well-being resources
- Exclusive marketplace discounts

### **Next Steps**

AllOne Health EAP services can be accessed 24/7/365 from your phone or computer through the following methods:

**Phone:** 800-521-3273

**Online:** [www.easeatwork.com](http://www.easeatwork.com) (Code: cmsdist)

**Google Play or Apple App Store:** AllOne Health (Code: cmsdist)