



MEMBER ASSISTANCE PROGRAM

**Helping members and their loved ones
navigate life's everyday challenges
– focused on improving total well-being**

The MDA Member Assistance Program provides you and your family with FREE, professional, confidential help for any kind of problem that affects your life or work. This program is supported by a generous grant from the Michigan Dental Association Foundation and is overseen by the MDA Committee on Peer Review/Health and Well-Being, with services provided by AllOne Health.

If you or someone in your immediate family needs help, get started by speaking with a wellness expert at 800-788-8630, or visit: www.michigandental.org/Assistance. Click the sign up button and enter *mdaeap* for the company code.

The MDA Member Assistance Program can help with:

- Emotional or Stress-Related Problems
- Marital or Family Problems
- Financial and Legal Difficulties
- Substance Abuse
- Problems Related to Work
- Balancing Work/Life Situations

Services Also Include:

- Life Coaching
- Medical Advocacy
- Work/Life Info and Referral
- Personal Assistant



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