

To make the most of every minute—and opportunity—it helps to delegate.

Reach out to your Assistance Program for **Personal Assistant Referrals** to help save time and tackle to-do's:

- Travel research and referrals
- Moving and cleaning resource referrals
- Home and auto repair options
- Sporting and entertainment information

Your Assistance Program is free to use, confidential, and open to family members.

Contact AllOne Health
Call: 800-451-1834
Visit: allonehealtheap.com

