

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, motiving webinars and legal/financial information.

Logging into your EAP website – AWPnow.com

- ♦ Access Your Benefits
- Create an account
- ♦ Registration Code available on your EAP benefit flyer.

2. View your EAP Orientation Video

 On the main page, your EAP Orientation is a brief introduction to your EAP services

3. Visit the Blog

 When you need motivation, AWP provides a blog of timely information, articles and tips to make the most of your day

Posted on November 28, 2017 by Nicola Leach Philosopher Arthur Schopenhauer once said, "Politeness is to human nature what warmth is to was." It's true. Being kind and considerate softens people and makes them malicable to your way of thinking. But I see another meaning there, too. I think he's also saying that being considerate of others is an integral part off...] Posted in Awareness, Communication, Compossion, Considerate, Emotional intelligence, Empothy, Habits, Kindness, Power of a Smile Leave a comment Edit Creative Recipes for Your Holiday Leftovers Posted on November 27, 2017 by Nicola Leach Tasty Ways To Enjoy Your Thanksgiving Leftovers The most anticipated food-fest of the year typically entails hours of prepping in the kitchen beforehand. But the good news is, all that hard work is not quickly forgetten. One of the best things about Thanksgiving is having leftovers to nibble on for days. And we're not talking...] Posted in Comfort Food Dilary, Holiday Ests & Treats, Recipes Leave a comment Edit Parking Lots Are Riskier Than You Think Posted on November 24, 2017 by Nicola Leach More than 50,000 crashes occur in parking lots and garage structures annually, resulting in 500 or more deaths and more than 60,000 injuries. And, around the holidays, parking lots become even more dangerous. Auto insurers report the number of claims spike on Black Friday and run above normal throughout the holiday shopping season. The!...] Posted on November 24, 2017 by Nicola Leach Posted on November 25, 2017 by Nicola Leach on Black Friday and run above normal throughout the holiday shopping season. The!...]

Eight Habits of Considerate People

alliance work partners

Blog Benefits Webinars

4. Creating a Will

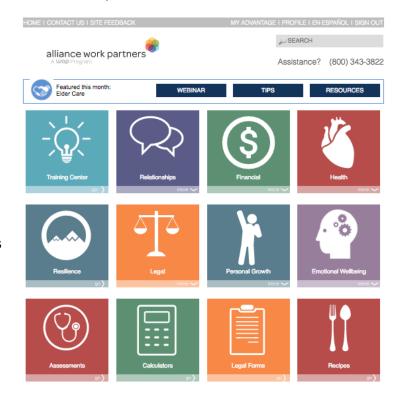
- ♦ Select Benefits>Law Access
- Click Connect to Law Access
- On the right, in the blue Legal & Financial Center box, select Click here to access legal and financial content
- Under NOLO, read the paragraph regarding creating a state specific will and make a note of the discount code to receive the form for free
- On the next screen, read through the Online Will FAQs before selecting Start Now in the green box
- Remember to enter the discount code at checkout to receive it for free





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- 5. 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
- 6. <u>AWP Webinars</u> 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

