



# Introducing Your Member Portal

Browse benefits. Request services.  
Enjoy 24/7/365 access.

Your Assistance Program offers a wide range of benefits to help improve mental health, reduce stress and make life easier—all easily accessible through your member portal.

## Request a Mental Health Session

Request counseling by submitting an online form or live chat. Choose from in-person or virtual counseling options to meet your needs.

## Request Referrals & Resources

Submit a request for family care and lifestyle support including childcare and eldercare referrals, legal referrals and financial consultation, personal assistant referrals and medical advocacy consultation.

## Explore Thousands of Self-Care Articles & Resources

Health and lifestyle assessments, interactive checklists, soft skills courses, podcasts, resource locators, exclusive discounts, and expansive articles on whole health and well-being.

## Visit Your Online Financial Center

Featuring worksheets, calculators, and a wide range of financial resources and tools to help reach personal goals and build financial wellness.

## Getting Started Is Easy

1. Visit [www.txhsseap.com](http://www.txhsseap.com) and click on "Sign Up" below the login form
2. To create an account and sign in, enter your email address and company code: **HHSC and DSHS**
3. For login assistance, select "Email Support"

*\* You can always call to access services, without needing to create an account or log in to the portal.*



Contact AllOne Health  
Call: 1-888-993-7650  
Visit: [www.txhsseap.com](http://www.txhsseap.com)  
Code: HHSC or DSHS

