

Employee Assistance

Orientation



canopy





Start Date:
10/1/24

Who Is Eligible

- All employees
- Spouse/domestic partner
- All family members living in employee's household
- Dependents living outside of employee's household, up to age 26

Family members can contact
Canopy on their own

Canopy Service Summary

Free and Confidential

Mental Health Hotline 24/7/365

In-the-moment consultations and assistance from a mental health professional

Counseling

Counseling to address a wide range of issues, to feel better and move forward. Able to match based on diversity criteria and health plan participation. In-person or virtual.
(8 sessions per incident)

Behavioral Coaching

Coaching to support personal goals
(8 sessions per incident)

Virtual Peer Support

24/7/365 moderated anonymous online peer support and resources

Resources for Life

- Childcare
- Adult care
- Resource retrieval
- Unlimited financial coaching
- Legal referrals, will kit, and forms
- Identity theft services
- Fertility health support
- Home ownership program
- Gym and pet insurance discounts

Member Site and Digital Tools

Virtual Care Navigator and

Direct-to-Care scheduling portal

Self-care courses, tips, forms, videos, and dCBT

Canopy's Speed to Care

Data includes member preferences such as:

- Schedule
- Insurance
- Provider preferences

<10
SECONDS

calls answered by
a mental health
professional

1-2

days until first
appointment with
a coach

5-7

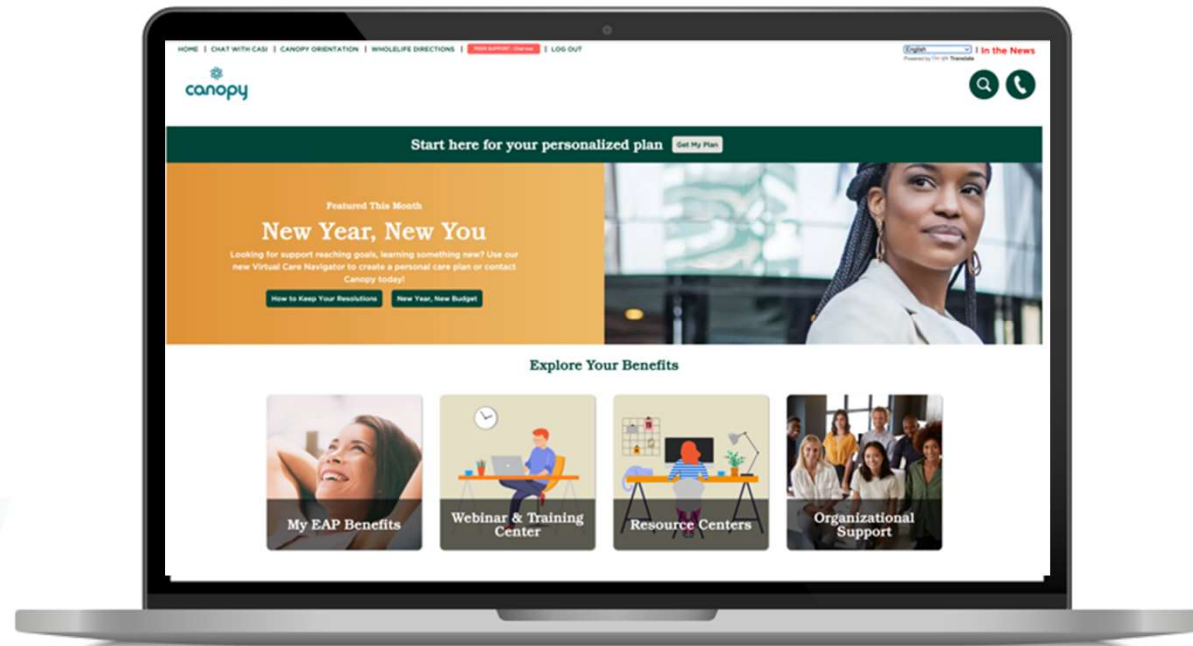
days until first
appointment with
a master level
counselor

Member Site

- Self-assessments
- Videos
- Quizzes
- Courses
- Webinars
- Legal and tax forms
- Resources to manage stress, work, family life, and more

Login to the member site:
my.canopywell.com

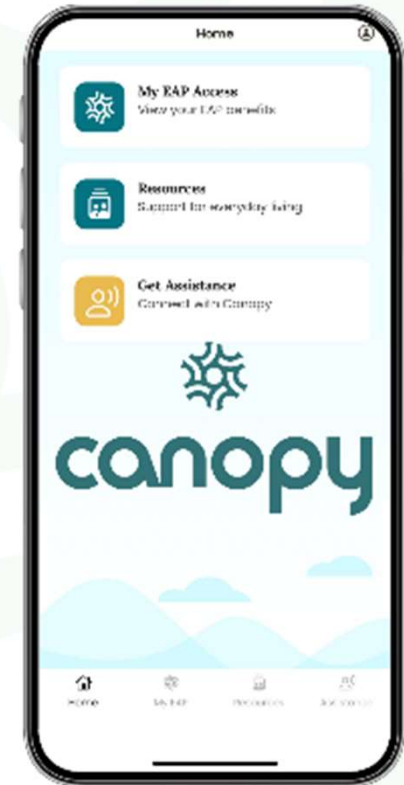
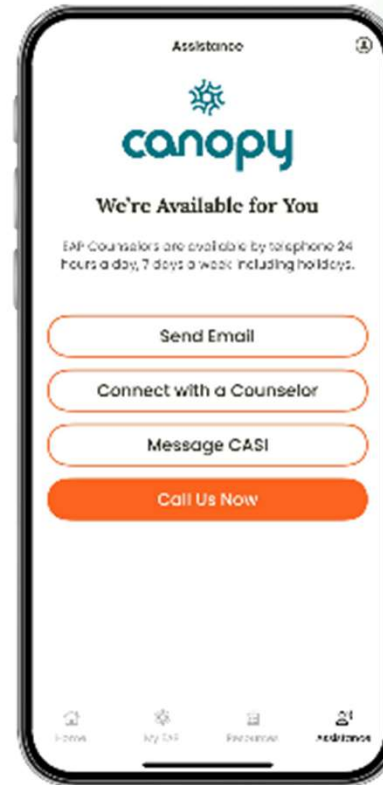
Register with your
company code: **OEBB**



Canopy EAP App

Emotional Wellbeing Care

- Free and confidential mental health support and resources to navigate life and work
- Browse your Canopy benefits and connect with coaches, counselors, digital tools and resources for life



Download the Canopy app: Search "Canopy EAP"





What's Next

Member Orientation Deep Dive with Canopy

Thursday, September 26, 2024
12pm – 12:30pm

[REGISTER HERE](#)

Tuesday, October 8, 2024
4pm – 4:30pm

[REGISTER HERE](#)





Questions?

If you have any questions or if you would like additional information, please contact Canopy.



800-433-2320



info@canopywell.com



Thank you