

Employee Assistance Program

Orientation



canopy



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

3, 5, 6, or 8 sessions (depending on agency) to address a wide range of issues to feel better and move forwards. Able to match based on diversity criteria and health plan. In-person or virtual.

Behavioral Coaching

Coaching to support personal goals

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

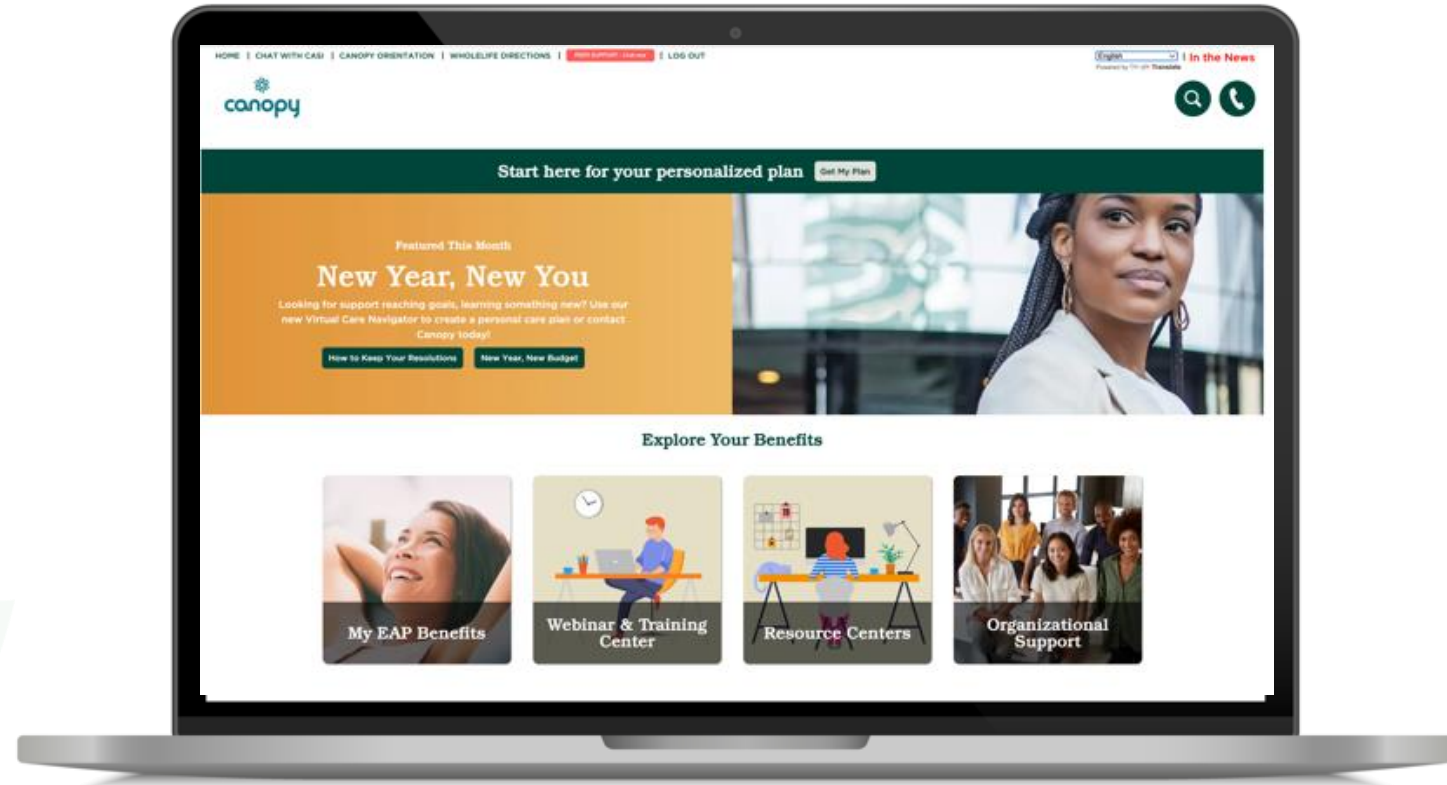
days until first
appointment with
a master level
counselor

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

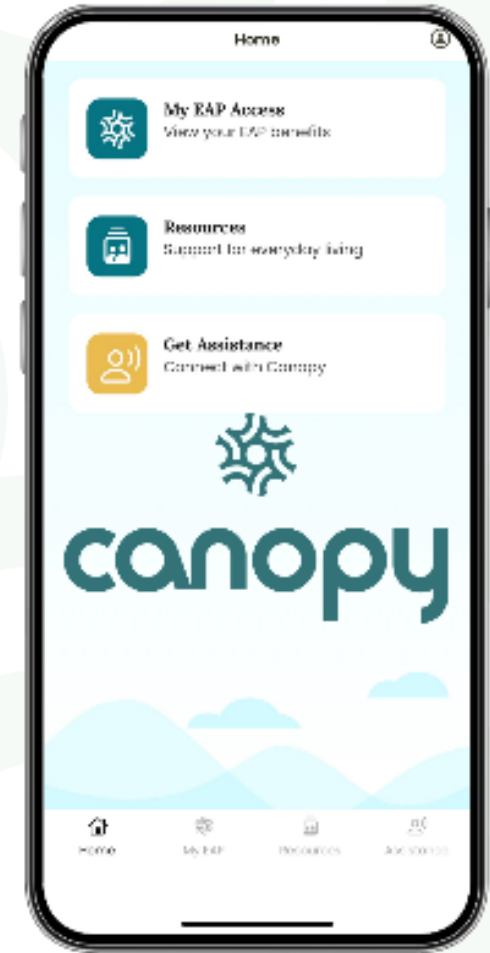
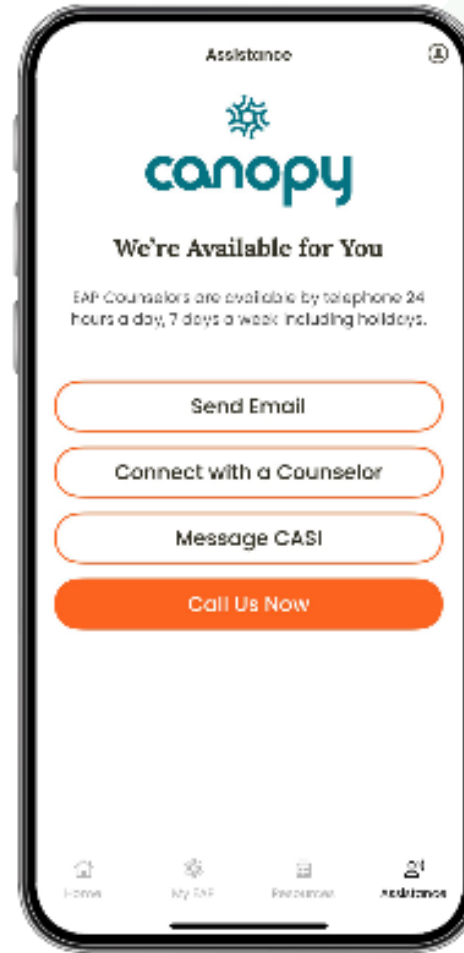
Register with your
company code: **PEBB** or **State of Oregon**



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"





Questions?

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



800-433-2320



info@canopywell.com

Thank you