

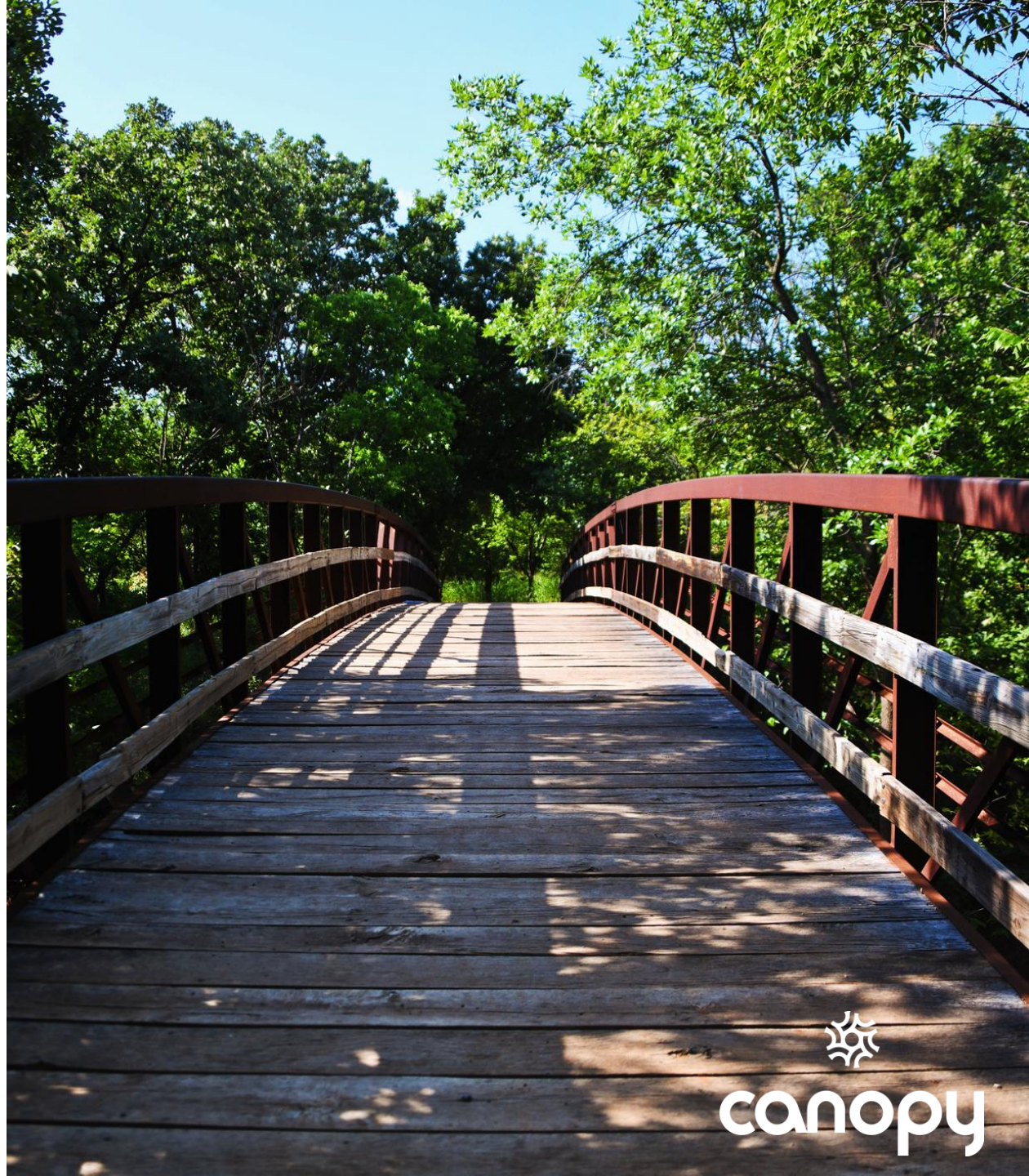


canopy
Innovative Wellbeing

Canopy EAP Orientation

Employee Assistance Program

A **FREE** and **CONFIDENTIAL** service for employees and their family members to get help for a wide range of personal problems



Eligibility

- Employees
- Spouse/Domestic Partner
- Family members living in household
- Dependents up to 26 years old – regardless of location
- 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 to address a wide range of issues, to feel better and move forward

Behavioral Coaching

Coaching to support personal goals

Virtual Peer Support

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

Resources for Life

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

Member Site

Self-care courses, tips, forms, and videos

WholeLife Directions App

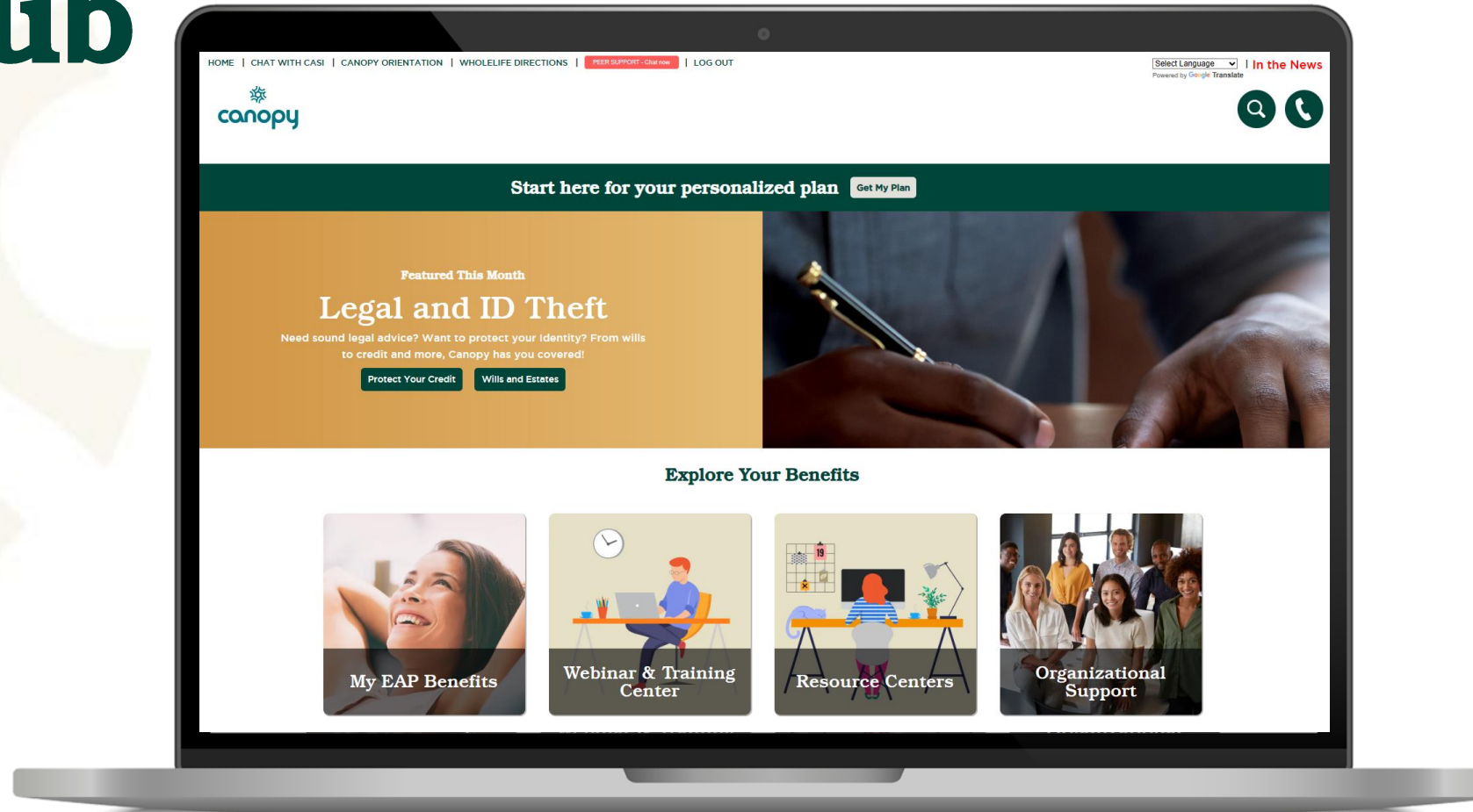
dCBT

Member Experience



Member Hub

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



Access at my.canopywell.com
organization code: **State of Oregon** or **PEBB**



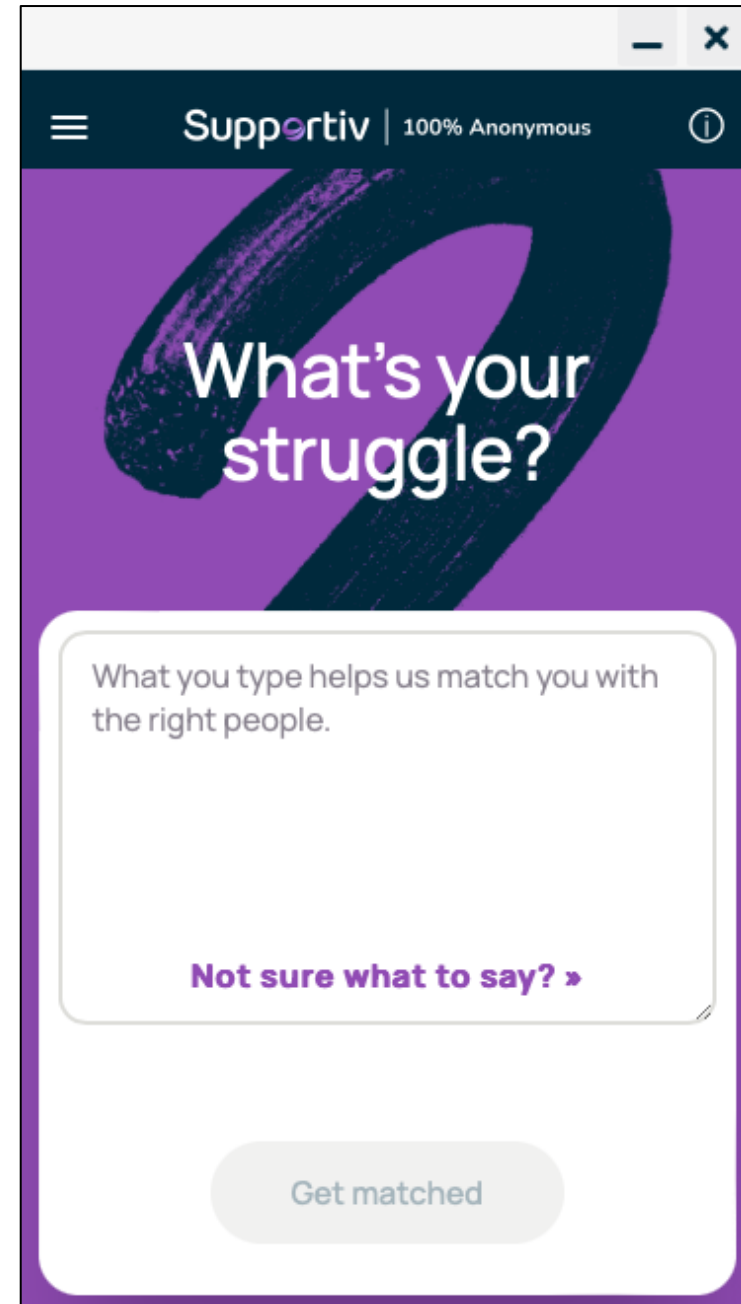
No Cost Virtual Peer Support

Powered by **Supportiv**

Anonymous

Virtual peer-to-peer
chat support

is available to you through
Canopy EAP!



What is Supportiv Virtual Peer Support?

Live, 24/7, ANONYMOUS small group chats

No appointment – connect in <30 seconds

Precision-matched by struggle - all struggles welcome

Facilitated & safeguarded by trained moderators

Real-time resources

How does Supportiv work?

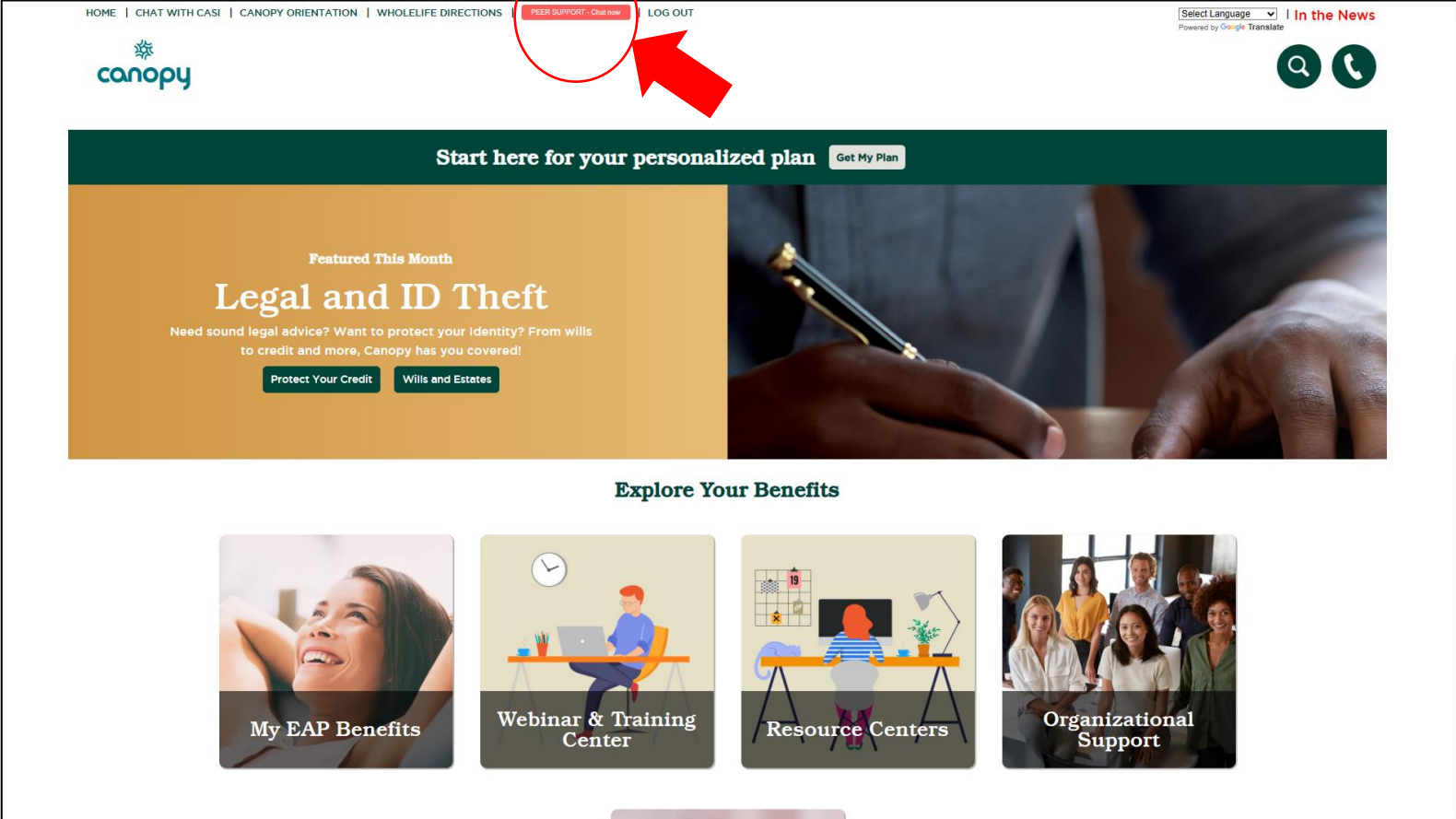


How Do I Access Supportiv Virtual Peer Support?



And learn more at:
supportiv.com/PEBB

How Do I Access Supportiv Virtual Peer Support?



How Do I Access Supportive Virtual Peer Support?

The screenshot displays the Canopy website interface. At the top, a navigation bar includes links for HOME, CHAT WITH CASI, CANOPY ORIENTATION, WHOLELIFE DIRECTIONS, PEER SUPPORT - Chat now (highlighted with a red circle and arrow), and LOG OUT. On the right side of the navigation bar, there is a language selection dropdown and a link to 'In the News'. Below the navigation bar is the Canopy logo and search/phone icons. A dark green banner reads 'Start here for your personalized plan' with a 'Get My Plan' button. The main content area features a 'Featured This Month' section for 'Legal and ID Theft', with sub-buttons for 'Protect Your Credit' and 'Wills and Estates'. Below this is an 'Explore Your Benefits' section with four cards: 'My EAP Benefits' (with a woman smiling), 'Webinar & Training Center' (with a person at a laptop), 'Resource Centers' (with a person at a desk), and 'Organizational Support' (with a group of people).



Key Takeaways

Free and Confidential

For Employees AND Family

24/7/365

Member Hub

Anonymous Virtual Peer Support



Questions?





Thank you



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innovative wellbeing