

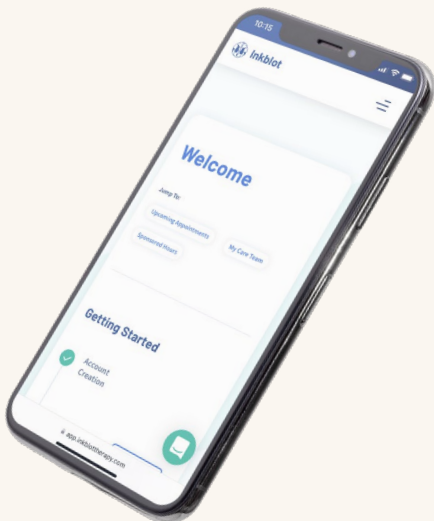
Your journey to healthier living is just a few clicks away.

Get the right care. Without the wait. Anytime anywhere.

Your Inkblot Employee and Family Assistance Program is here to support you and your dependents with comprehensive and personalized well-being support from our diverse network of care providers. Access a wide range of treatment options based on your mental health and life

How to access Individual and Couples Counselling Support

This program is completely confidential, voluntary, and accessible whenever you need it. Make your first secure and encrypted online counselling appointment within 24-72 hours.



- 1 Click on the direct link sent to your work email to set up your account or go to www.cmawefap.ca and click on '**Get Started**' to register. Dependents can use the URL to register.
- 2 Login, select whether you would like an individual or couples counsellor and click on **Find My Care Provider**.
- 3 Fill out a short assessment and Inkblot will generate a list of counsellors best-suited to your needs and preferences. Choose your counsellor based on clinical fit, cultural background, language, therapy approach and more.
- 4 Choose a counsellor and schedule a free 15-minute consultation to determine whether they are the right fit for you.
- 5 Book your first session by going to **Your Care Provider's calendar** and clicking on the date desired to see what appointment time are available.

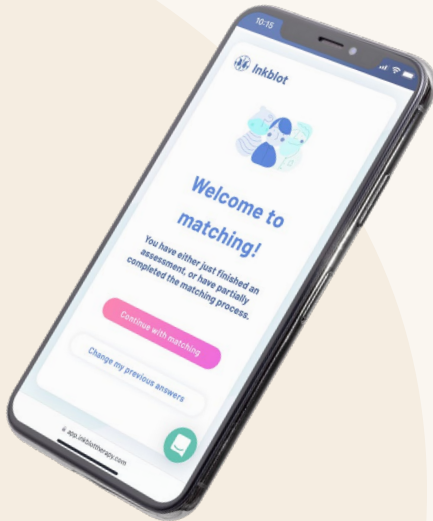


If you need help while on the Inkblot site:

- Use the **online chat** feature
- Email support@inkblottherapy.com



Booking
Future Sessions



ARE YOU HAPPY WITH YOUR COUNSELLOR?

Yes

- 1 Go to **Your Care Provider's calendar** and book your next appointment. Your next **3** hours of individual and **3** hours of couples counselling are covered.
- 2 Once you have used your sponsored hours, sessions may be **reimbursable** through your benefits health plan. You will be asked to input your credit card information when booking subsequent sessions and following the session you will be emailed a receipt for reimbursement. Subsequent counselling sessions in Canada are \$90/hour for an individual or couples session.

ARE YOU HAPPY WITH YOUR COUNSELLOR?

No

- 1 Go to **My Care Provider** and click 'unmatch'.
- 2 Reselect from the list of possible counsellor matches, or do the assessment again. You will have another complementary consultation session with your new counsellor. Continue until you find your ideal match.



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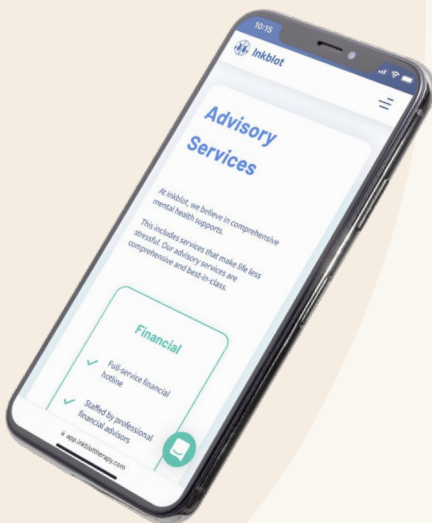
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How to access Work and Life Support

It takes more than just therapy to live and stay well.

Our registered nurses, dieticians, coaches and trained experts are here to help you navigate all aspects of life and achieve your personal goals. This includes getting access to career advice, health coaching, support with transitions like pregnancy, help navigating legal issues, financial coaching and more!



- 1 To book Work and Life Support services click on the **Additional Services tab** at the top of the Inkblot dashboard.
- 2 Select the **service** you want to access, and click **next**.
 - Financial (3 HR)
 - Legal (3 HR)
 - Health Coaching (3 HR)
 - Life Transitions (3 HR)
 - Career Coaching (3 HR)
- 3 Select the **category** for your request and then click next.
- 4 On the contact screen proceed in one of the following ways:
 - **Financial:** Enter your location and contact information, and select 2 timeframes that you could be available for a phone call. Then select submit. A Financial Services representative will contact you directly to schedule your appointment. You get access to unlimited financial consultations.
 - **Legal:** Call the hotline number that appears and use the Consultation Number to initiate your request. You get access to unlimited legal consultations.
 - **Health and Life:** Enter your Location Details and a description of what you would like advice for. Then select Submit. You get 3 sponsored hours covered for health and and 3 hours covered for life coaching.
 - **Career Coaching:** Enter your contact information and availability, as well as a description of what you would like advice for. Then select submit. A registered nurse from our Inkblot Clinical Service team will refer you to a coach best suited to you. You get 3 sponsored hours for career coaching.



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