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innovative wellbeing

Eligibility

- All employees
- Spouse/Domestic Partner
- Immediate 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

Personal consultation with a mental health professional

Counseling to address a wide range of issues, to feel better and move forward

Up to three or five sessions (depending on the agency) per incident, per year

Behavioral Coaching

Coaching to support personal goals (up to three sessions)

Crisis counseling 24/7/365

Resources for life

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

Member site

Self-care courses, tips, forms, videos, and WholeLife Directions app

Sustained Commitment to Diversity

Canopy is committed to creating a safe, inclusive and equitable society for all

- **Culturally Competent Care**
- **Provider Diversity**
- **Access and Availability**

Your Experiences Matter

Canopy is committed to creating a safe, inclusive and equitable society for all.

Counseling Services

- Culturally competent care
- Match with BIPOC professionals
- Clinical specialty to address race-based trauma
- Able to select your counselor based on variables such as religion, gender, language, ethnicity, office accessibility, LGBTQIA+ and more

Work/Life Support

- Diverse, inclusive and equitable Financial Coaching and Legal Consultation
- Fertility Health and Caregiver Resources
- Community Advantage Homeownership Program and Housing Support Resources

Visit our [website](#) to learn more about our sustained commitment to inclusion and our diverse provider network.



call: 800-433-2320 text: 503-850-7721 canopywell.com

Member Site

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

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

The screenshot shows the Canopy Member Site homepage. At the top, there are navigation links: HOME, CHAT WITH CASI, CANOPY ORIENTATION, and LOG OUT. The Canopy logo is in the top left, and search and phone icons are in the top right. The main header features a blue background with a white icon of scales of justice and a stack of books. The text reads "Featured This Month Estate Planning & Legal Support" with a subtext: "DIY or work with a professional? Either way Canopy has you covered with free, confidential resources for your legal and estate planning needs." Below this are two buttons: "Legal Forms" and "Estate Planning".

The "Explore Your Benefits" section contains four cards: "My EAP Benefits" (with a woman's face), "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).

The "Featured Learning Centers" section features a large illustration of a person meditating in a serene setting. The text reads "Relaxation & Meditation" and "Explore how can you learn to take control of stress so that it can work for you and not against you." Below this is a "Visit Learning Center" button.

The bottom section is a grid of categories:

- Your Favorites**: Site items saved by you to search or watch later.
- Your Courses**: Resources not viewed or any course or assessment you have started or completed.
- Your History**: Site items you have viewed over the past 90 days.
- College Life**: Campus Life, Career Preparation, College Preparation, Financial Aid.
- Connections**: Complex and Elder Care Support, Disability Support, Family Life, Employment, Relationships.
- Disaster Preparedness**: Coping with Disaster, Self-Defense, Emergency Preparedness, Safety Plan.
- Emotional Wellbeing**: Anger Management, Anxiety Disorders, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorders.
- Financial**: Auto Center, Banking and Loans, Budgeting, Consumer Protection.
- Health**: Allergies, Alternative Medicine, Asthma, Diabetes, Heart Health.
- Legal**: Business Decisions, Business Law, Consumer Protection, Criminal Law.
- Parenting**: Nutrition, Screen and New Media, Bullying, Child Care.
- Workplace**: Career Wellness, Communication, Conflict Management, Diversity and Inclusion.
- Assessments**: Get insight into your risk levels and actionable steps to take.
- Calculators**: Personalized, self-help financial tools to help you assess possible outcomes.
- Legal Forms**: Complete essential legal forms for everything from will making to rental agreements.
- Recipes**: Library of 300+ more wellness recipes that are healthy and delicious.
- Trainings**: Personal and professional development building courses.
- Webinars**: On-demand, expert-led talks.

Supervisor Support

- Unlimited consultation
- 24/7 access
- Web-based resources
- Microtraining videos
- Quarterly EAP communication



Organizational Support

- Employee or Supervisor Orientations
- Critical Incident Response
 - Manager consultation available **24/7**
 - May limit access to this service to specific managers or HR
- [Seminars](#)



2022 HR Webinar Series

Canopy introduces our 2022 Webinar Series for Human Resource Professionals.

Each webinar is free and approved for one (1) SHRM credit.

Resilience and Adaptability During Adversity: How HR Professionals Can Model These Skills for Employees

Katie Zaugg, MA, LPC, CADC
February 15th, 2022
11:00 AM (PST)
[REGISTER HERE](#)

Organizations are always looking for ways to help employees become more resilient, particularly during change or adversity. This webinar will focus on teaching HR professionals resilience and adaptability strategies which in turn helps them model those skills to employees.

Trauma-Informed Care: Organizational Strategies HR Can Utilize to Improve Psychological Safety

Brianna Hughes, LPC Associate
May 17th, 2022
10:00 AM (PDT)
[REGISTER HERE](#)

Psychological safety is a primary driver of employee engagement and retention. This webinar will focus on measurable organizational interventions via the principles of trauma-informed care that HR professionals can use to ensure all staff feel emotionally and socially safe.

continued on next page



For more information:
Call: 800-433-2320
Text: 503-850-7721
canopywell.com



2022 HR Webinar Series

Diversity, Equity & Inclusion for HR Professionals

Jackie Moore, MSW, CSWA
August 24, 2022
11:00 AM (PDT)
[REGISTER HERE](#)

This webinar will focus on strategies to help HR foster a more inclusive workplace for every employee. Topics discussed will include safe and respectful language, skills for becoming a better ally, tips for facilitating conversations with employees on diversity related issues, and strategies for implementing individual and company-wide changes.

Employee Resources Groups: Practical Implementation Strategies for HR Professionals

Caitlin Plato, MA, CADC
November 15th, 2022
10:00 AM (PST)
[REGISTER HERE](#)

Employee Resource Groups, or ERGs, have gained popularity in recent years due to their ability to engage employees by providing them a space to participate in their workplace community in a meaningful way. This webinar will provide strategies for HR professionals to effectively implement ERGs at their organization.

View the HR Webinar Series on our website here: canopywell.com/HR-Webinars



For more information:
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canopywell.com



Regular Communication

April 2022 [View Online](#)

Canopy Connections

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Fertility Health and Family Building

We offer free and discounted resources to help you grow your family. We are here to help you with whatever you need, from fertility health checks, surrogacy programs, and egg donor services, to referrals to counselors, adoption resources, attorneys, and financial coaches.



- [Fertility Health and Family Building](#)
- [Clínica de fertilidad y planificación familiar](#)

Join us for upcoming webinars

Intro to your EAP Fertility Health Benefit

This webinar will provide an overview of services available through ORM Fertility, a world-class reproductive service provider, including details about your exclusive proactive fertility health check, discounted services, EAP Member care credit, and resources available that are personalized to each patient.

Date: April 21, 2022
Time: 12:00 PM - 1:00 PM PDT
[REGISTER HERE](#)

Love is Family: Fertility Health for LGBTQ+ Family Building

Canopy's partnership with ORM Fertility (ORM) includes access to the Love is Family program, a dedicated resource for LGBTQ+ family building. This seminar is ideal for same-sex male couples, single men, and anyone interested in learning more about growing their family through the use of donor eggs and surrogacy.


Date: June 20, 2022
Time: 12:00 PM - 1:00 PM PDT
[REGISTER HERE](#)



Was this email forwarded to you?
Click here to join our mailing list! 

Worthwhile Webinars

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Employee Wellbeing Webinars

DEI and Psychological Safety

This seminar focuses on strategies to foster a more inclusive workplace for every employee and discusses individual and company-wide skills to implement these changes, specifically around how equity & inclusion can improve psychological safety.

Date: June 7, 2022
Time: 10:00 AM - 11:00 AM PDT

[REGISTER HERE](#)

Buying Your First Investment Property

Overview of the potential risks and rewards, different types of investment properties, various loan programs available, how to qualify for a mortgage loan, and what to look for in an investment property.

Date: June 8, 2022
Time: 8:30 AM - 9:30 AM PDT

[REGISTER HERE](#)

Additional home ownership webinar topics available [here](#).

Repaying Student Loans

Student loans can put a heavy burden on monthly finances, sometimes rivaling the cost of a mortgage. These days there are many options to help repay these loans. This session will teach attendees about the choices available.


Dates/Times:
June 14, 2022 at 10:30 AM - 11:30 AM (PDT)
June 23, 2022 at 5:30 PM - 6:30 PM (PDT)

[REGISTER HERE](#)

[view this email in your browser](#)

Leadership Support

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Cascade Centers is now Canopy! We are excited to serve you, our employees, and their families in the new year. Please use the following tools to promote our services and let your members know that we've got them covered:

- [Canopy's Promotional Topic Calendar](#)
- [2022 HR Webinar Series](#)
- [EAP Toolkit for Managers and Leaders](#)
- [Canopy Promotional Materials to Download](#)

We have hardcopy promotional materials available, including wallet cards, brochures, and posters with tear-off pads. Request materials directly from our [website](#).

Are you following us on social media?

If not, find us on LinkedIn, Facebook, Instagram, and YouTube. Feel free to share our content as you'd like!



Contact us with any questions or requests:

- call: 800-433-2320
- email: info@canopywell.com

Thank you for your partnership.

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2022 Monthly Promotional Topics

January

New year,
New you

February

Resilience

March

Housing Support

April

Fertility Health

May

Mental Health
Awareness

June

Diversity
& Inclusion

July

Financial Coaching

August

Estate Planning
& Legal Support

September

Suicide Prevention
Awareness

October

Substance Abuse
Prevention

November

Resources for
Caregivers

December

Holiday Stress



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2023 Monthly Promotional Topics

January: New Year, New You	February: Relationships	March: Housing Support + Financial	April: Burnout	May: Mental Health Awareness	June: Diversity
July: Resources for Caregivers	August: Legal + ID Theft	September: Suicide Awareness	October: Substance Misuse	November: Coaching	December: Stress Management

Promotional Materials (mthly flyers)

Mental Health Awareness

You do things for your physical fitness, like eating healthful foods and exercising. How about also boosting your mental fitness?

Canopy is available to support you through life's ups and downs with:

- Coaching
- Counseling
- Work/life services
- Self-care tools

Contact Canopy today for resources that enhance your mental fitness, on your own terms

It's free, confidential, and available 24/7

call: 800-433-2320 text: 503-850-7721 canopywell.com



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Estate Planning & Legal Support

Legal Referrals

Free initial 30-minute consultation on topics including:

- Estate planning
- Divorce
- Child custody
- Landlord/tenant

Receive 25% off the attorney's hourly rate thereafter

Will Kit Questionnaire

- Request and complete the Will Kit Questionnaire
- An attorney will review and verify eligibility for preparation of a simple will
- For additional estate planning, receive 25% off the attorney's hourly rate

DIY Legal Forms

Access hundreds of free legal forms, including:

- Living trusts
- Wills
- Deeds
- Advanced directives

To Access:

1. Go to my.canopywell.com
2. Log in or register, using company name
3. Click on the 'My EAP Benefits' tile
4. Select 'Legal Tools'

call: 800-433-2320 text: 503-850-7721 my.canopywell.com



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Financial Coaching



Wherever you are in your financial wellness journey, Canopy is here to help. Build a better financial future with free, confidential, and unlimited coaching for all of life's ups and downs:

- Financial uncertainty
- Credit
- Housing
- Retirement
- Budgeting
- Debt
- Student loans

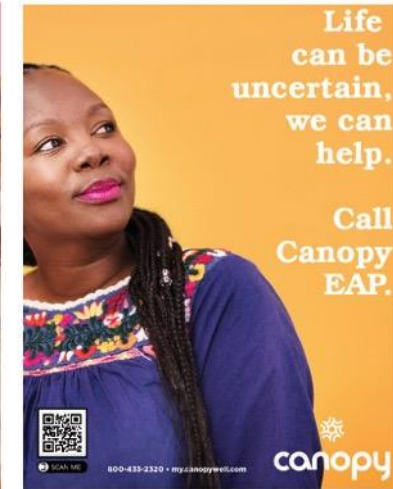
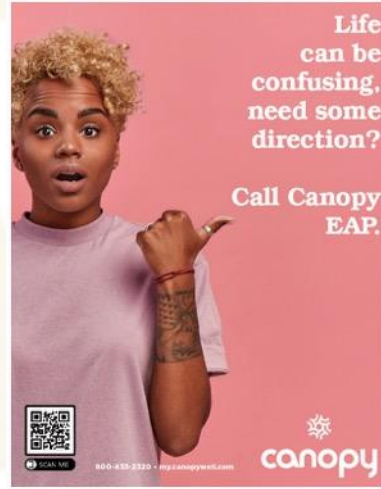
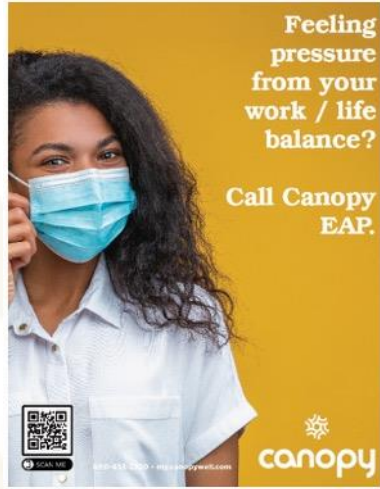
Connect with a financial coach or log in at my.canopywell.com to help you every step of the way.

call: 800-433-2320 text: 503-850-7721 my.canopywell.com

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Promotional Materials (posters)



Promotional Materials (summary/guides)

EAP Summary of Services

A benefit for you and your family members provided by PEBB

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit that can assist you and your eligible family members with any personal problems, large or small.

Counseling with an EAP Professional

Five (5) counseling sessions face to face, over the phone, or virtually for concerns such as:

- Relationship conflict
- Stress management
- Alcohol or drug abuse
- Conflict at work
- Family relationships
- Grieving a loss
- Depression
- Anxiety
- Professional development

Resources for Life

Canopy will help locate resources and information related to childcare, eldercare, caregiving, and anything else you may need.

Legal Consultations/Mediation

Contact Canopy for a free thirty-minute office or telephone consultation. A 25% discount from the attorney's/mediator's normal hourly rate is available thereafter.

Financial Coaching

Coaches will provide unlimited financial coaching to help develop better spending habits, reduce debt, improve credit, increase savings, and plan for retirement.

Identity Theft

Up to 60-minute free consultation with a Fraud Resolution Specialist™ (FRS) who will conduct emergency response activities and assist with restoring their identity, good credit, and dispute fraudulent debts.

Home Ownership and Housing Support

Assistance and discounts for buying, selling, and refinancing. Resource retrieval for housing assistance.

Coaching

Three (3) phone or video sessions with a Coach to support goal setting, healthy habits, and personal development.

Pet Parent Resources

Free pet information and support, including pet insurance discounts, new pet parent resources, and bereavement support.

Wellbeing Tools

- Fertility health support
- Will kit questionnaire
- Online legal tools
- Gym membership discounts

Member Site

Innovative educational tools, chat for support, take self-assessments, view videos and webinars, access courses, download documents and more. Access at my.canopywell.com, and register as a new user or log-in. Enter State of Oregon for company name when you register.

WholeLife Directions

Take a confidential survey and get connected to interactive tools to improve the way you feel. Log onto the EAP member site or search WholeLife Directions in the App Store or Google Play.



Crisis Counselors are available by phone 24/7/365
call: 800-433-2320 text: 503-850-7721 email: info@canopywell.com

Canopy is committed to creating a safe, inclusive, and equitable society for all.

Canopy Quick-Reference Guide

We make it easy for you and your family to access confidential coaching, counseling, work/life balance, and self-help resources

1 Convenient Connection

Phone, text, app, chat, email, or online support. Your first point of contact is with a mental health professional

2 Comprehensive Resources

We offer counseling (in person or virtual), life coaching, financial coaching, legal, child/eldercare support, resource research, housing support, digital self-help resources, gym discounts and much more

3 Personalized Care Plan

We'll guide you to the appropriate resource(s) based on your unique needs and preferences

4 Professional Guidance

You'll receive evidence-based action plans, customized resources for ongoing success, and follow-up to make sure you're getting the support you're looking for

Access your member site

Get guided support to the services that best meet your needs. You can also browse all the free services available to you and your family. Log In: [Here](#)

Get started now:
800-433-2320 text: 503-850-7721 my.canopywell.com



SCAN ME



EAP Leadership Support

We're here to help you create a positive and engaged workforce.

Unlimited Consultation and Situational Support

Register as a new user and select the 'Organizational Support' tab. You will find a diverse set of trainings, videos, articles and EAP promotional materials.

- Employee behavior is negatively impacting the workplace
- Conflicts between employees arise
- Navigating trauma and loss
- Critical incident support
- Performance issues or other concerns arise

Call 800-433-2320 to speak with an EAP consultant.

Interactive Resources to Support Organizational Success

- Brief EAP Orientation Video
- Trainings, videos, articles and promotional materials
- EAP Toolkit to optimize utilization of EAP services

Login at my.canopywell.com to access.

Servicios Disponibles en Español

call: 800-433-2320 text: 503-850-7721 email: info@canopywell.com



Questions?

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



800-433-2320



info@canopywell.com



canopywell.com



Thank you



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