



Coaching  
Support

Achieving your health and  
wellness goals just got easier

# Your Employee and Family Assistance Program (EFAP)



## Professional

### We guarantee your confidentiality.

We are Homewood Health™, a trusted Canadian company with years of experience delivering the best possible support for clients like you. Everyone is guaranteed confidentiality within the limits of the law. You won't be identified to anybody—including your employer.

## Digital Support

At Homewood Health, we offer team-based telephonic account support. With your fully digital and self-directed services, you have quick and easy access to all of our online resources, including digital collateral.

## Life Smart Coaching

You can receive coaching support for a variety of life balance and health issues, or get expert support to better manage your career. Life Smart Coaching services are available by phone.



- Nutrition
- Lifestyle Changes
- Jumpstart your Wellness
- Smoking Cessation



- Childcare and Parenting
- Elder and Family Care
- Relationships
- Financial
- Legal
- Grief and Loss



- Career Planning
- Workplace Issues
- Pre-Retirement
- Shift Work

## Digital Resources

### The right information at the right time

Access Homeweb anytime for e-Learning, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles.

### Key Person Advice Line

The Key Person Advice Line gives you, the manager, supervisor, owner or union representative the opportunity to contact a Homewood Health senior level clinician for prompt and timely consultation should a situation arise in the workplace that could benefit from professional input.

### e-AP

e-AP is a mobile application for iOS and Android devices by Homewood Health. It provides users access to treatment tools, resources and support so they can get the help they need, when they need it. e-AP includes access to a wealth of tools and resources on HomeWeb, one-touch phone access to Homewood's Client Services Centre and access to live chat.

### i-Volve: Online CBT

i-Volve is an online, self-paced treatment program for depression and anxiety using the best practice treatment approach, cognitive behavioural therapy (CBT). i-Volve will help you to identify, challenge and overcome your anxious and/or depressive thoughts, behaviours and emotions.



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## Contact Information

Contact us 24 hours a day, 7 days a week  
**1-800-663-1142** | TTY: 1-888-384-1152  
International (Call collect): 604-689-1717  
[Homeweb.ca](http://Homeweb.ca)

⬇️ A tear-out wallet card is provided below.



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Coaching | Support

Confidential | Available anytime

**Maximum**  
benefit.

  
**Homewood**  
Health | Santé