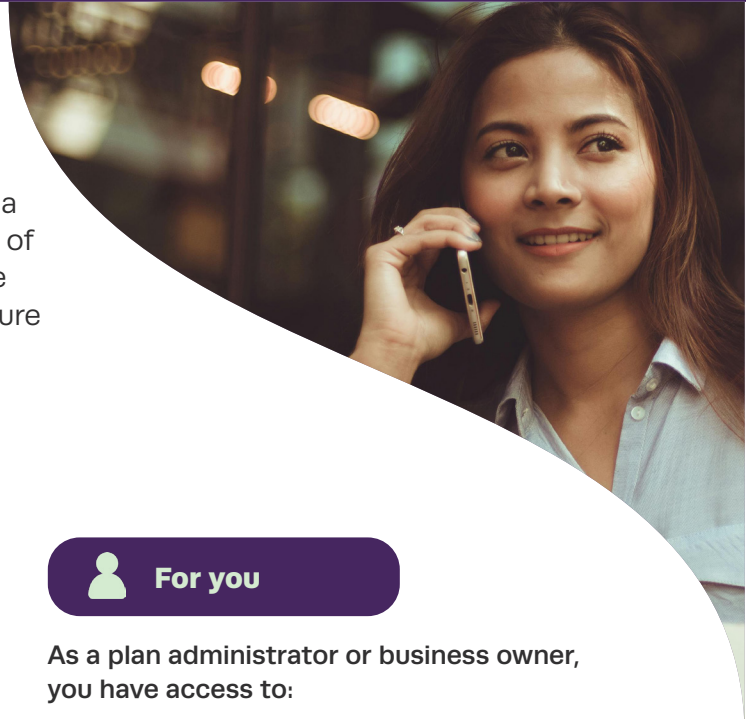


# Employee Assistance Program (EAP)

## The Support

Your Arcora well-being supports are designed to help you and your employees when life's waters get a little choppy. The supports provided by our network of top-tier professionals can help your team overcome hurdles in their lives and build resilience for life's future challenges.



## The Specifics



### For your staff

All staff (including you!) and their family members have access to:

- Mental health counselling
- Nutritional guidance
- Eldercare guidance
- Personal legal guidance
- Personal financial guidance
- Childcare navigation support
- Teladoc supplementary supports
- Expert online resources



### For you

As a plan administrator or business owner, you have access to:

- An Arcora information session
- Digital promotional materials

## The Steps

1

### Reach out.

Get in touch with Arcora by completing our [online form](#) or calling [1-877-412-7483](tel:1-877-412-7483).

2

### Share.

Tell us about your concerns and we'll match you with the professional in our network best suited to meet your needs and most likely to produce a successful outcome.

3

### Book a session.

We'll let you know the plan when you reach out, but depending on the type of support you're looking for, either:

- you'll contact the professional you've been matched with to book your first session or
- the professional you've been matched with will reach out to book your first session.