



# Stuck at a standstill?

**We can help you get moving again.**

With Arcora's Mental Well-being Solutions (EAP), you and your family can access:

- Mental health counselling
- A digital mental health app, Hugn
- Eldercare guidance
- Personal legal information
- Personal financial guidance
- Childcare navigation support
- Nutritional guidance

**Get in touch today for free, confidential and professional support.**

**ARCORA**  
**Maximum**  
benefit.

**1-877-412-7483**



A person wearing a teal hoodie, dark leggings, and brown boots stands on a log floating in a body of water. The water is greenish-brown with some rocks visible. The person is looking down at the log.

# Feeling unsteady?

**Lean on us.**

With Arcora's mental health counselling supports, you and your family can expect:

- Accessible, inclusive sessions delivered by a top-tier counsellor matched to meet your needs
- Sessions available in person, virtually or by phone to address a wide range of concerns, including:
  - Personal and relationship counselling
  - Anxiety and depression
  - Family challenges
  - Work-related challenges
  - Addiction and dependency concerns

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# Want help to stay on track?

**AACORA**  
Maximum  
benefit.

We've got a map for that.

With Arcora's mental well-being app, Hugn, you and your family can expect:

- Proactive, skill-building support
- 24/7 access to mental health resources you can dig into at your own pace
- Help to build psychologically safe and meaningful social connections

Download the app  
today!



App  
Store



Google  
Play



# Caring for loved ones weighing on you?

Let our eldercare professionals take the weight off your shoulders.

With Arcora's eldercare guidance, you and your family can expect:

- Guidance from registered experts in relevant fields—social work, occupational therapy, elder mediation and other allied health professions
- Reliable care management advice and resources
- Help navigating eldercare challenges from individuals who understand the experience of caring for older adults

Get in touch today for free, confidential and professional support.

1-877-412-7483





# Legal questions making you dizzy?

**Our legal experts can help bring things into focus.**

With Arcora's personal legal information, you and your family can expect:

- General information that will make you feel comfortable taking your next step
- Understanding of the law and legal system in general terms
- Support with navigating legal forms and jargon

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# Feeling off kilter about balancing the books?

**AACORA**  
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benefit.

Our financial experts can provide steady guidance.

With Arcora's personal financial guidance, you and your family can expect:

- Access to accredited, CPA-level financial professionals with extensive industry knowledge
- Help with understanding all things finance, from money management and debt reduction to retirement planning and tax strategies
- Impartial financial guidance for any aspect or stage of your life

Get in touch today for free, confidential and professional support.

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# Feeling lost trying to find reliable childcare options?

**AACORA**  
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benefit.

Our childcare navigation support will point you in the right direction.

With Arcora's childcare navigation support, you and your family can expect:

- Childcare solutions that meet your specific needs—from daycare to summer camps
- A detailed summary of options, so you're able to make an informed decision
- Unlimited support, for your life's most important work

Get in touch today for free, confidential and professional support.

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# Hungry for nutritional knowledge?

Our registered dietitians can nourish your understanding.

With Arcora's nutritional guidance, you and your family can expect:

- Guidance to help with achieving dietary goals
- Tools for building (or rebuilding) a healthy relationship with food
- Strategies to manage digestive issues, food intolerances, chronic conditions and more

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