

Employee & Family Assistance Program & Virtual Care



Homewood
Pathfinder
Employee Assistance & Mental Health



Cleveland Clinic
Canada



SASKATCHEWAN
BLUE CROSS

Comprehensive Support for You and Your Family

Prioritize your physical and mental health with comprehensive, personalized care. With easy access to care through virtual, phone or in-person appointments, we ensure that support is available when and where you need it.

Mental Health Counselling

Advantages of being a member:



- **On-Demand Counselling:** connect instantly with a mental health counsellor without having to book an appointment through our MeetNow feature.



- **Burnout and Stress Solutions:** gain practical strategies to help you manage stress, restore balance and enhance well-being.



- **Expert Network of Counsellors:** get support for anxiety, stress, depression or other mental health concerns anywhere across Canada.



- **Enhanced Mental Health Care:** longer-term support with up to 20 counselling sessions.



- **Sentio iCBT:** Online Cognitive Behavioural Therapy on an interactive, engaging platform.

Digital Mental Health Platform

A simple-to-use, smart platform that is personalized based on your unique needs and acts as a gateway to all of your employee assistance and mental health resources.

Wellness and Coaching

Proactive, Integrated Care



Coaching and resources that promote integrated mental, physical, financial and social well-being.

- Nutrition • Lifestyle Changes
- Jumpstart your Wellness
- Smoking Cessation
- Elder and Family Care
- Relationships • Financial • Legal
- Grief and Loss • Stress Solutions
- Career Planning • Workplace Issues
- Pre-Retirement • Shift Work

Diversity, Equity and Inclusion Support

Racially, Culturally and Socially Aware

Homewood Pathfinder provides diversity, equity and inclusion (DEI) informed support, DEI counsellor-matching and online DEI supportive content.



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Contact Information

Contact us 24 hours a day, 7 days a week

1-800-663-1142

International (Call collect): 604-689-1717

Homeweb.ca

Virtual Care at Your Fingertips with Cleveland Clinic Canada

Our **Express Care Online** virtual care service lets you and your family to consult with a Cleveland Clinic Canada nurse practitioner to receive a diagnosis and/or prescription for non-emergency medical conditions. If needed, nurse practitioners can also prescribe medications to the pharmacy of your choice, make referrals to specialists, and provide a sick note. It's healthcare at your fingertips. You simply need to download the Express Care Online app to receive care.

The Express Care Online Difference



Unparalleled Convenience

- No appointment needed
- 24/7 across Canada, except in Quebec
- Low wait times



High Quality Care

- Cleveland Clinic credentialled nurse practitioners
- Secure, confidential employee access to medical records



Personalized Services

- Specialist referrals
- Prescriptions sent to the pharmacy of your choice

Commonly treated non-emergency issues

- COVID-19 Screening
- Mental Health concerns
- Back Strain
- Bronchitis
- Pink Eye
- Common Cold
- Asthma
- Minor Burns
- Painful Urination
- Rashes
- Sinus Infections
- Upper Respiratory Illness

