

INKBLOT EAP



Your journey to healthier living is just a few clicks away.



Get the right care.
Without the wait.
Anytime anywhere.

Your Inkblot Employee Assistance Program is here to support you and your dependents with comprehensive and personalized well-being support from our diverse network of care providers. Access a wide range of treatment options based on your mental health and life goals.



registration.inkblottherapy.com/ca

Organization Code: OASSIS

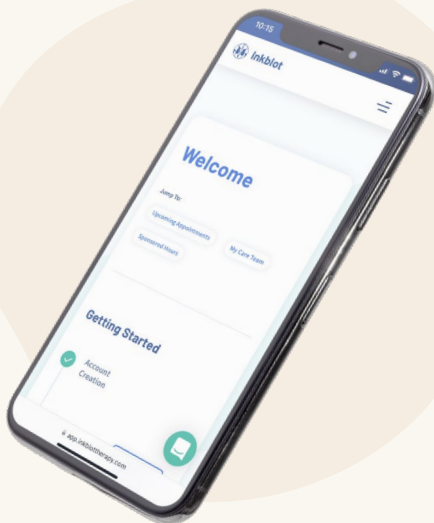
Member Identification: Enter your LastNameBirthMonthBirthYear. Ex: Smith051994



* GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which is the primary company that houses health services and benefits administration businesses, including Inkblot Therapy, Tranquility, NKS Health Canada, The Health Depot Pharmacy, Benecaid, Honeybee, BCH Consultants and Computer Workware Inc. Green Shield Holdings Inc. is a wholly owned subsidiary of the not-for-profit Green Shield Association.

How to access Individual and Couples Counselling Support

This program is completely confidential, voluntary, and accessible whenever you need it. Make your first secure and encrypted online counselling appointment within 24-72 hours.



- 1 Go to registration.inkblottherapy.com/ca. Dependents can use the URL to register. Or call us, at 1-855-933-0103.
- 2 Type in the **Organization Code** and follow the steps on the screen to create your account.
- 3 In your account select whether you would like an individual or couples counsellor and click on **Find My Care Provider**.
- 4 Fill out a short assessment and Inkblot will generate a list of counsellors best-suited to your needs and preferences. Choose your counsellor based on clinical fit, cultural background, language, therapy approach and more.
- 5 Choose a counsellor and schedule a free 15-minute consultation to determine whether they are the right fit for you.
- 6 Book your first session by going to **Your Care Provider's calendar** and clicking on the date desired to see what appointment time are available.

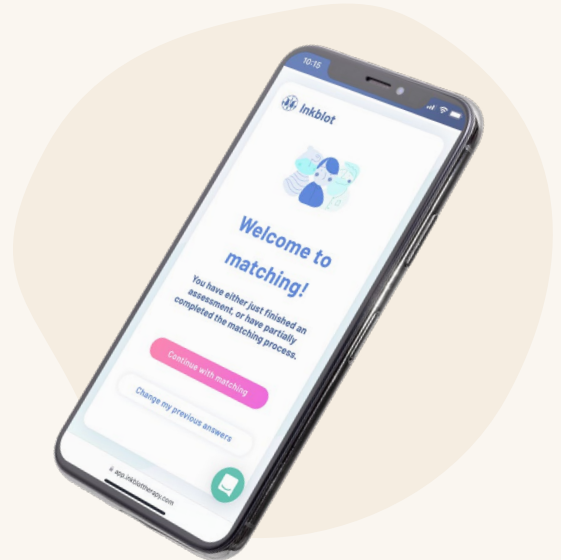


If you need help while on the Inkblot site:

Use the **online chat** feature or email support@inkblottherapy.com or call us, at **1-855-933-0103**



Booking Future Sessions



Are you happy with your counsellor?

Yes

- 1 Go to **Your Care Provider's calendar** and book your next appointment.

Your next **5** hours of individual and **5** hours of couples counselling are covered.

- 2 Once you have used your sponsored hours, sessions may be reimbursable through your benefits health plan. You will be asked to input your credit card information when booking subsequent sessions and following the session you will be emailed a receipt for reimbursement. Subsequent individual or couples online counselling sessions cost \$100/hour.

Are you happy with your counsellor?

No

- 1 Go to My Care Provider and click **unmatch**.
- 2 Reselect from the list of possible counsellor matches, or do the assessment again. You will have another complementary consultation session with your new counsellor. Continue until you find your ideal match.



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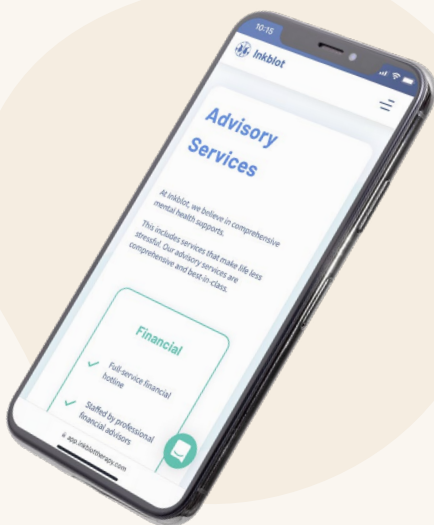
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How to access Work and Life Services

It takes more than just therapy to live and stay well.

Our registered nurses, dieticians, coaches and trained experts are here to help you navigate all aspects of life and achieve your personal goals. This includes getting access to career advice, health coaching, support with transitions like pregnancy, help navigating legal issues, financial coaching and more!



- 1 To book Work and Life Services services click on the **Advisory Services** tab at the top of the Inkblot dashboard.
- 2 Select the service you want to access, and click next. **Financial, Legal, Health Coaching, Life Transitions, Career Coaching.**
- 3 Select the category for your request and then click **next**.

- 4 On the contact screen proceed in one of the following ways:

Financial: Enter your location and contact information, and select two timeframes that you could be available for a phone call. Then select submit. A Financial Services representative will contact you directly to schedule your appointment.

Legal: Call the hotline number that appears and use the Consultation Number to initiate your request.

Health and Life: Enter your location details and a description of the support you are looking for. Then select Submit. A registered nurse from Inkblot's Clinical Services team will schedule an initial consultation and then match you with the right practitioner for your needs.

Career Coaching: Enter your contact information availability, and a description of the support you are looking for. Then select submit. A registered nurse from our Inkblot Clinical Service team will refer you to a coach best suited to you.



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