

Employee and family assistance plan



Providing employees and managers quick access to health services from an integrated health platform

Dialogue

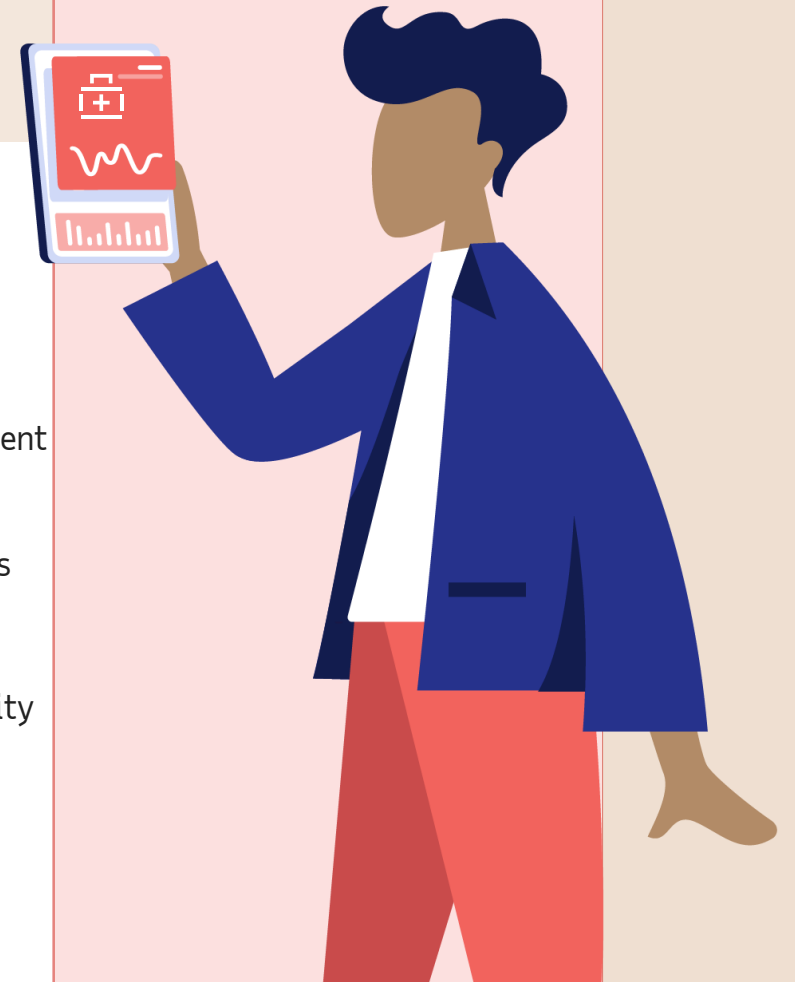
Leading virtual care provider that empowers organizations to build healthier, happier and more productive teams. Delivers exceptional experiences across continuum of care.

What's included:

- ✓ Confidential counselling by a team of specialists
- ✓ Online resources: e-learning, health assessments, resource library, videos and webinars
- ✓ Life balance solutions: childcare, elder family care, new parent outreach, legal/financial advice and relationship solutions
- ✓ Career advisory services and manager consultation services

Value you receive:

- ✓ Managing employee absenteeism and increasing productivity
- ✓ Improving company culture
- ✓ Improving employee health and wellness outcomes
- ✓ Dialogue-led engagement to maximize usage



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Free and confidential counselling through Dialogue:

✓ **Mental health services**

Questionnaire-based screening to assess stress levels and presence of health issues and habit-forming coaching sessions.

(4 sessions per end user per matter)

✓ **Family marital and relationship services**

Conflict resolution, domestic violence, relationship breakdown, separation/divorce, family planning and parenting etc.

(4 sessions per end user per matter)

✓ **Child and elder services**

Childcare, occupational therapy and elder care. Referral services to adapted resources and physicians.

(4 sessions per end user per matter)

✓ **Work and career advisory services**

Career planning, work conflict, work performance and harassment.

(4 sessions per end user per matter)

✓ **Manager consultation services**

Coaching employees in a managing position on topics including, employee conflicts, communication, and performance.

(4 sessions per end user per matter)

✓ **Legal services**

Discussions with external law firms or lawyers on civil, family, criminal, property and will/estates. Not including employment or labor law advice.

(2 hours per user per legal matter)

✓ **Financial services**

Discussions on financial matters with a financial professional.

(2 hours per user per financial matter)

✓ **Critical incident response service**

Support consultations, action plan development services for the employer, consultations of employees with trauma specialists on an on-demand basis and coaching services to local managers and HR employees.*

**Partner coverage is limited to 4 hours per employer per year, additional support would be directly managed through Dialogue*

Dialogue's EFAP services



Available 24/7

on Dialogue's mobile app



Offered in

English/French



Time to therapy:

On average < **24 hours**



Urgent situations:

<2 minutes