

**WE HAVE AMAZING
BENEFITS!**



**PHOENIX-TALENT
SCHOOLS**



BENEFITS AGENDA

- **Highlighted Programs:**

- Springhealth
- Canopy/EAP
- Meru
- Cirrus MD
- Headspace

- **Learn about PTS's Many Benefits—for Health and Well-Being :)**

- What is available?
- What does it do? How can it help you?
- How might you utilize it? How do you download and/or access it?
- What is the cost?



[Spring Health Website](#)

GET FREE, AND CONFIDENTIAL MENTAL HEALTH CARE THAT'S NEVER SHARED WITH YOUR EMPLOYER.

- Personalized mental health care
- Confidential care on your time
- High-quality, diverse providers



How It Works



Sign up with our app - it's faster and easier!



Your tools for a happier, healthier life.

Your plan with Moda Health provides a new benefit from Spring Health with access to mental health services including virtual and in-person therapy, on-demand wellness exercises and more.

[CREATE MY ACCOUNT](#)

[LOG IN](#)





The Employee Assistance Program (EAP) is a FREE and CONFIDENTIAL benefit that can assist you and your eligible family members with any personal problems, large or small.

Log into the [Member Sign-In Page](#)
[Summary of EAP Services - PDF](#)

[Canopy Services Flyer](#)

Member Orientation Meetings:

- 9/26/24: 12-12:30pm --
[Register](#)
- 10/8/24: 4-4:30pm --
[Register](#)

**canopy**

**oebb**

EAP Summary of Services

STARTING
October 1, 2024

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit for you and your family members provided by your employer.

Mental Health Hotline 24/7/365
In-the-moment consultations and assistance from a mental health professional.

Counseling
Eight (8) sessions in-person, on the phone or virtually for concerns such as:

- Depression
- Anxiety
- Relationships and family
- Workplace challenges
- Stress management
- Alcohol or substance misuse
- Grief and loss
- Professional development

Coaching
Eight (8) phone or video sessions with a Coach for goal setting, healthy habits, and personal development.

Anonymous Virtual Peer Support
A safe place to connect, share and discuss what's on your mind.

Member Site
Personal and professional development videos, webinars, self-assessments, legal tools and more.

Canopy EAP App
Access digital therapy and wellness tools to improve the way you feel.

Self-Scheduling Portal
Register with your work email address for online provider search and appointment management.

Resources for Life

Adult and Childcare Services
Assistance in finding childcare, adult care, caregiving resources, and more.

Legal Consultations/Mediation
Free 30-minute consultation and a 25% discount on services thereafter.

Financial Coaching
Unlimited guidance to improve spending, debt reduction, credit enhancement, savings, and retirement planning.

Identity Theft
60-minute consultation with a Fraud Resolution Specialist™ to restore identity and credit.

Home Ownership and Housing Support
Aid and discounts for home transactions and housing assistance resources.

Pet Parent Resources
Information, support, and discounts for pet owners.

Wellbeing Tools
Fertility health support, wellness resources, and gym discounts.

Canopy is committed to creating a safe, inclusive, and equitable society for all.



Personalized care with continuous therapist support

Get proven medical health care in a breakthrough program built around continuous access to a dedicated therapist.



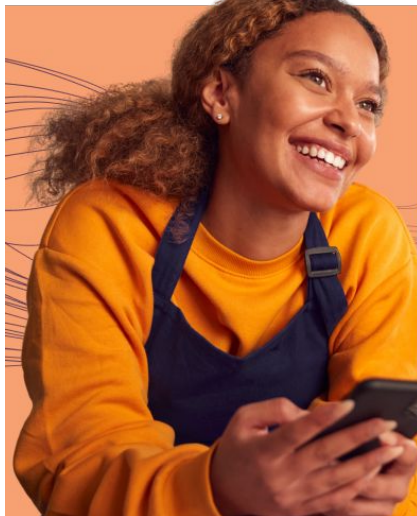
Use code **MODA** to get started



CIRRUS MD



CirrusMD is a **zero-cost share** telehealth program where you can connect with a doctor in seconds, 24 hours a day, 7 days a week.



You can use Cirrus MD:

- To text, share photos or video chat with a healthcare provider
- Ask an urgent or general health question for:
 - Coughs, fevers, sore throat
 - Earaches, stomach pain, diarrhea
 - Rashes, allergic reactions, animal/insect bites
 - Back/abdominal pain
 - Urinary tract infections and more
- If you think you need a prescription (providers may prescribe medication, if necessary)

Members can learn more about CirrusMD on our website, or by calling a Moda 360 Health Navigator at 866-923-0409.

[MyCirrusMD Website Link](#)



Getting started with CirrusMD

Getting started with CirrusMD is easy. In the below video, we'll walk through how to set up a CirrusMD account and start a chat with a doctor.

Open the CirrusMD application





In case you didn't know, Headspace offers free access to K-12 educators and support staff. You can sign up by scanning the QR code (Use the Google sign-in option and it's a snap). You can also download the app - it's available in both the Apple and Google Play stores.

Headspace offers free access to K-12 (primary-secondary) teachers and supporting staff. Whether you're feeling inspired to connect more with your students or you're looking for a new way to bring calm to your classroom, Headspace can help students build healthy habits that last a lifetime. Better focus, less stress, and happier thoughts are just a few minutes away.



**HEADSPACE
FOR
EDUCATORS
PDF GUIDE**

