

WE HAVE AMAZING BENEFITS!



★ BENEFITS

OVERVIEW

- **Highlighted Programs:**

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

- **Learn about PTS's Many Benefits, for Health & Well-Being**

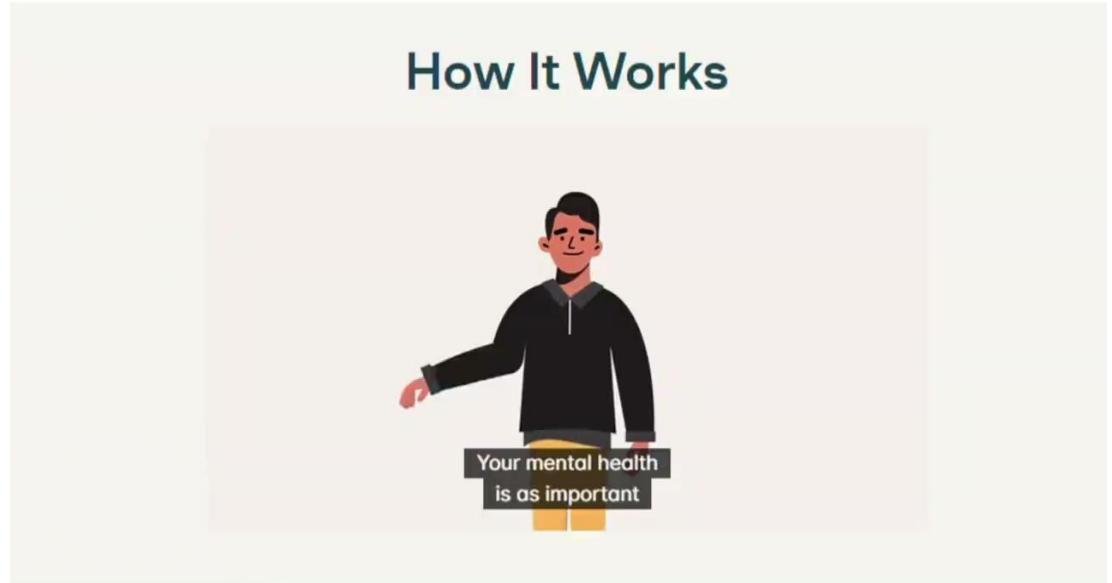
- What is available?
- What does it do? How can it help you?
- How might you utilize it? How do you access it?
- What is the cost?

Spring Health

[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



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.



[Summary of EAP Services - PDF](#)

info@canopywell.com

For 24/7 Assistance:
1-800-433-2320

Text: 503-850-7721

Portland: 503-639-3009
Salem: 503-588-0777

[Online](#) (create account/login)



Personalized care with continuous therapist support

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



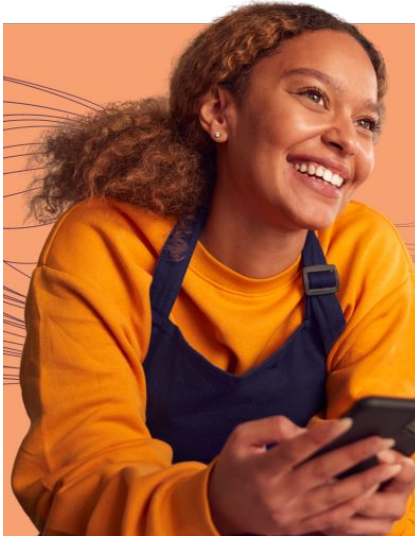
Use code **MODA** to get started



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.

