

EAP Summary of Services



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
- Alcohol or substance misuse
- Grief and loss

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 at my.canopywell.com. Log-in or register as a new user with organization name: **OEBB**



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.



800-433-2320



503-850-7721



my.canopywell.com



canopy

**Canopy Wellbeing
Employee Assistance Program Rates
2025-26 Plan Year**



Employer Paid Plans	
Plan Options	EAP Services (Per Employee/Per Month)
<p><u>Member Services</u></p> <ul style="list-style-type: none"> •24/7 mental health hotline •8 counseling visits per incident •8 behavioral coaching visits per incident •Unlimited anonymous virtual peer support •Resources for life (i.e., legal, financial, and caregiving referrals) •Digital tools, including digital cognitive behavioral therapy (dCBT) <p><u>Organizational Support</u></p> <ul style="list-style-type: none"> •One (1) home mailer per year •Unlimited management consultations •Unlimited critical incident stress debriefings •Virtual employee and supervisor orientations (on-site considered catalog-based training) •Up to 48 hours annually for OEBC-requested webinars from Canopy's catalog •Unlimited performance-based referrals 	<p>\$2.10</p>

Employer Paid Worksite Services

Plan Options	Worksite Services
Entity-requested, catalog-based training provided by Canopy	\$315 per hour (\$95 per hour travel)
Entity-requested, catalog-based financial webinars provided by Canopy	\$550 per hour (\$95 per hour travel)
Entity-requested, catalog-based legal webinars provided by Canopy	\$550 per hour (\$95 per hour travel)
Entity-requested, custom training provided by Canopy	\$425 per hour (\$95 per hour travel)

Entity-Paid Services

Plan Options	Worksite Services
Mental Health Support and Response: Eight hour employee training to recognize and support employees in need.	\$3,400/flat fee (virtual only, up to 20 people)
Mental Health Support and Response for Leaders: Eight hour leadership training to recognize and support employees in need.	\$3,400/flat fee (virtual only, up to 20 people)
Leadership Skills 101: Interactive 4-hour training designed for leaders of all levels.	\$1,600/flat fee (virtual only, up to 12 people)
1:1 Leadership Coaching: Virtual leadership development coaching sessions with a leadership development specialist.	\$175/hr (virtual only)