



## Get back to feeling *your best*

Now and then, we can all use a little help to get back on track. Powered by Canopy, the Moda Health Employee Assistance Program (EAP) is a CONFIDENTIAL program with most services provided at no cost to assist you and your eligible family members with any personal concerns, large or small.

The program can help you with a variety of concerns, including:

- Marital conflict
- Conflict at work
- Depression or anxiety
- Stress management
- Family relationships
- Financial / legal / consumer concerns
- Alcohol or drug abuse
- Grieving a loss
- Career development

## Personal consultation

Get up to four in-person, phone or online counseling sessions per incident. Our EAP professional counselors can help you identify problems, establish goals, make recommendations and develop an action plan for you.

## E-support

Have a virtual session (video or chat) with a live EAP professional. Visit [canopywell.com](https://canopywell.com) or email [info@canopywell.com](mailto:info@canopywell.com) to learn more or to set up a session.

## Crisis counseling

Our highly trained team of professional counselors are ready to speak to you by phone 24 hours a day, seven days a week.

## Resources for life

Let us do the research for you. We can locate resources and information relating to eldercare, childcare, identity theft or anything else that you may need.

## Legal/Mediation

Each covered member is eligible for a free, 30-minute office or telephone consultation for a separate legal/mediation matter (limit three per year) with an attorney or mediator. If you decide to retain the attorney or mediator after the initial consultation, you will get 25% off of their normal hourly rate.

## Financial coaching

You are eligible to receive telephone-based financial coaching from certified financial consultants. Coaches are available for unlimited financial coaching, developing a needs analysis, and an online written action plan to help you develop better spending habits, reduce debt, improve your credit, increase savings, and plan for retirement.

## Identity theft services

You are eligible for a free 60-minute consultation with a highly trained Fraud Resolution Specialist™ (FRS). The FRS conducts emergency response activities and helps you restore your identity and good credit, and resolve fraudulent debts. You'll also receive an Emergency Response Kit, outlining ways to repair and manage your identity over time to prevent it from happening again.

## Home ownership program

We provide assistance and discounts on services related to selling, buying and refinancing a home. Call Moda Health EAP to learn more.

Moda Health EAP is not insurance.

## Questions?

For assistance, call 800-826-9231 or text, 503-980-1777.

Moda Partners, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).  
CHÚ Ý: Nếu bạn nói tiếng Việt, có dịch vụ hỗ trợ ngôn ngữ miễn phí cho bạn. Gọi 1-877-605-3229 (TTY: 711). PAUNAWA: Kung nagsasalita ka ng Tagalog, ang mga serbisyong tulong sa wika, ay walang bayad, at magagamit mo. Tumawag sa numerong 1-877-605-3229 (TTY: 711).

REV4-1072\_EAP (8/23)