



EMPLOYEE PAINTERS' TRUST

Welcome to Your New EAP Benefit

The Trustees of the Employee Painters' Trust (EPT) are pleased to announce that Canopy Wellbeing has been selected to provide Employee Assistance Program (EAP) services. This new benefit will be available beginning August 1, 2023, to eligible Members and Dependents up to 26 years of age. Canopy is a national private EAP provider that has been providing EAP services since 1975 and has a proven record for providing the highest quality services possible.

In today's complicated and challenging world, it's not unusual for people to encounter difficulties with finances, stress, substance misuse, family or marital relationships, or their own emotions. We recognize that these difficulties can adversely affect job performance and the overall quality of life. To address more effectively these and other concerns, EPT is providing Members and their Dependents with an EAP.

The EAP provides free, confidential, and professional assistance, including assessment, problem solving, and referral for a wide variety of personal or family concerns. Services include **four (4)** confidential face-to-face counseling sessions, legal consultations, simple wills, financial coaching, child and eldercare resource retrieval services, identity theft services, and more. A key factor in the program is confidentiality. Records of visits and the reasons for those visits are maintained solely by Canopy Wellbeing. Neither the Trust or the employer will have access and do not want access to such records.

For additional information and to access services, go to: my.canopywell.com, click "Member Log in" and Register as a new user. Then, create your own account and use **Employee Painters' Trust** in the "Company Name" field. On the website you will find online scheduling, provider search, self-assessment tools, videos, courses, Webinars, legal and tax forms, resources to manage stress, work, family and more. In addition to my.canopywell.com, there are other flexible points of access to the EAP, which includes text support, live chat, video support, phone counseling, mobile phone application (search for Canopy EAP at Google Play or App Store) and 24/7 crisis support.

Our lives can be significantly enhanced if we seek prompt help in dealing with problems relating to family, stress, substance misuse, anxiety, and depression.

Sincerely,

Board of Trustees
Employee Painters' Trust

call: 800-433-2320 text: 503-850-7721 visit: canopywell.com



EAP Summary of Services

A benefit for you and your family members provided by Employee Painters' Trust Health and Welfare Fund

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.

Counseling with an EAP Professional

Four (4) counseling sessions face to face, over the phone, or virtually for concerns such as:

- Relationship conflict
- Conflict at work
- Depression
- Stress management
- Family relationships
- Anxiety
- Alcohol or substance misuse
- Grieving a loss
- Professional development

Resources for Life

Canopy will help locate resources and information related to childcare, eldercare, caregiving, and anything else you may need.

Legal Consultations / Mediation

Contact Canopy for a free thirty-minute office or telephone. A 25% discount from the attorney's/mediator's normal hourly rate is available thereafter.

Financial Coaching

Coaches will provide unlimited financial coaching to help develop better spending habits, reduce debt, improve credit, increase savings, and plan for retirement.

Identity Theft

Up to a 60-minute free consultation with a highly trained Fraud Resolution Specialist™ (FRS) who will conduct emergency response activities and assist with restoring their identity, good credit, and dispute fraudulent debts.

Home Ownership and Housing Support

Assistance and discounts for buying, selling, and refinancing. Resource retrieval for housing assistance.

Coaching

Access phone or video sessions with a Coach to support goal setting, healthy habits, and personal development.

Pet Parenting Resources

Free pet information and support, including pet insurance discounts, new pet parent resources and bereavement support.

Wellbeing Tools

- Fertility health support
- Online legal tools
- Will kit questionnaire
- Wellness and gym discounts

Member Site

Innovative educational tools, chat for support, take self-assessments, view videos and webinars, access courses, download documents and more. Access at my.canopywell.com, and register as a new user or log-in. Enter **Employee Painters' Trust** for company name when you register.



Crisis Counselors are available by phone 24/7/365

call: 800-433-2320 text: 503-850-7721 email: info@canopywell.com

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