

# EAP Summary of Services

## Helping you get to your happy place

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

Confidential Coaching and Counseling access to masters-level counselors in person, over the phone, or online for concerns such as:

- **Stress and Burnout**
- **Depression and Anxiety**
- **Relationships and Family**
- **Alcohol and Drug Use**

### Work/ Life Balance Services

Canopy will help locate resources related to Eldercare, Childcare, Identity Theft, Housing, Pet Parent Support or anything else you may need.

### Legal

Call for a free consultation, and then receive a discount thereafter.

### Financial Coaching

Access to unlimited financial coaching to help you develop a plan to improve your financial wellbeing.

### Wellbeing Tools

- Fertility Health Support
- Online Legal Tools
- Will Kit Questionnaire
- Life Coaching
- Gym Membership Discounts

### EAP Member Site

Access innovative tools, chat for support, view videos and webinars, and more. Access at: [my.canopywell.com](https://my.canopywell.com), and register as a new user or log-in. Enter your company name when you register as:

### WholeLife Directions

Take a confidential survey and get connected to interactive tools to improve the way you feel. Access in the EAP member site or search *WholeLife Directions* in the App Store or Google Play.



**Crisis Counselors are available 24/7/365**  
call: 800-433-2320 text: 503-850-7721 email: [info@canopywell.com](mailto:info@canopywell.com)



# Fertility Health and Family Building

**Support for growing families and their journey.**

**Exclusive access for Canopy members:**

- **Free Fertility Health Consultation**
- **Discounted Fertility Health Check**
- **Connection to Fertility Preservation, Care, and Donation Services**
- **Free Educational Webinars and Events**
- **Adoption Resources**
- **Counseling Support**
- **Legal and Financial Guidance**

**Access your benefits:**

**call: 800-433-2320**

**text: 503-850-7721**

**email: [info@canopywell.com](mailto:info@canopywell.com)**

**online: [my.canopywell.com](http://my.canopywell.com)**

**1. Register or Log In**

**a. Company code is CIS**

**2. Select the 'My EAP Benefits' tile**



Your health plan may not cover Fertility Health and Family Growing services. Please refer to your health plan summary for more information.



**canopy**

# Parenting Support For Those With Furry Kids

- Concierge Support
- New Pet Parent Resources
- Pet Insurance Discounts
- Bereavement Support

## Access your Pet Parent Benefits:

1. Go to [my.canopywell.com](https://my.canopywell.com)
2. Register as a new user or log in  
Use **CIS** as Company Code
3. Enter *Pet Parent* in the search bar

**It's free and  
confidential**

call: 800-433-2320 text: 503-850-7721  
visit: [canopywell.com](https://canopywell.com)

