

# Arive<sup>®</sup>

## Employee Assistance Program

### The Arive Employee Assistance Program (EAP) helps you effectively protect and support your biggest asset—your people.

Arive's high-quality, confidential counselling and supports gives employees and their families the opportunity to feel like their best selves again, sooner—helping them build resilience for other life challenges that may crop up in the future. From a business perspective, Arive's evidence-based approach helps

employees stay at work or return to work more quickly if on a leave, remain focused, productive and engaged—all while improving their job performance. **It's a proven benefit that works for everyone.**

## What's Included

### For Employees

Up to 12 hours of counselling sessions per calendar year\* for psychosocial issues (in-person, phone, video), nutritional concerns (phone) and eldercare issues (phone).

Up to 3 hours (each) per calendar year for specialized consultation\* (phone) in the areas of: **personal legal and financial guidance.**

Unlimited hours per calendar year for childcare navigation support (phone).

Access to individual wellness resources on [aretehr.com](https://aretehr.com).

### For Managers

Opportunity to host one program information session per calendar year (in-person, phone, video).

Access to management support resources on [aretehr.com](https://aretehr.com).

Full range of digital promotional materials to promote EAP to employees and new staff.

\*Hours may be shared with eligible family members or dependents as defined by your group insurance policy.

## What to Expect

With Arete, your employees and their families are merely a phone call or click away from confidential and professional support—whenever and however they need it. If they need support, they simply:

**1** Call Arete and provide their certificate and policy number. They can also request support through an online form.

**2** They'll have a confidential conversation with a member of Arete's intake team (or complete details on the online form) who will actively listen to their concerns and match them with the professional from Arete's extensive Canadian network best suited to meet their needs and most likely to produce a successful outcome.

**3** The employee (or family member) will connect with the professional to book their session and begin accessing support.