

My CADA 360

Employee Assistance Program (EAP)

2019-20

Through CADA 360 Employee Benefits, you have access to Morneau Shepell's world-class Employee Assistance Program (EAP) that provides you and your covered family members with immediate and confidential help for any work, health or life concern. It's available anytime and anywhere.

Access is easy!

Go to www.workhealthlife.com. If it is your first visit, you can search by dealership name or your CADA 360 Employee Benefits Plan # which is shown on your wallet card. Click on "search" and look for your dealership under the drop-down menu. Once you have identified your group, you will be taken to a main landing page. On the top right, you can register by entering your personal information as requested. Once registered, you simply login on future visits.

You can access the EAP services in multiple ways, by phone, website (www.workhealthlife.com) or mobile app (My EAP). The choice is yours, www.workhealthlife.com provides details of the various options. If you do not have access to the internet or prefer speaking to someone directly, you can call 1-800-387-4765 for service in English, or 1-800-361-5676 for service in French.

Get acquainted with the program

Once you have signed into www.workhealthlife.com, there are many tools to help you become familiar with the services available. At the centre of the home page, you can access three orientation videos: "What is an EAP", "EAP Services", "Accessing EAP". The **EAP Orientation Videos** offer a great way to learn about the key features of your EAP.

Understanding your EAP

The EAP is a confidential and voluntary support service that can help you take the first step toward change. Get help finding solutions to the challenges you face at any age and stage of life. You and your covered family members (as defined in your employee benefit plan) can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

No cost

There is no cost to you or your family to use your EAP. These services are provided to you by your employer as part of CADA 360 Employee Benefits. The EAP can provide a series of sessions with a professional counsellor and if you need more specialized or longer-term support, their team of experts can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, they may be covered by your provincial plan or the dealership's employee benefits plan.

The EAP is there to provide services to you and your covered family members, not to reimburse you for services provided outside of Morneau Shepell. For instance, if you are interested in fitness, the EAP provides access to LIFT fitness sessions, modules that are customized for you and provides you access to chat with a fitness professional. What the EAP does not do is reimburse you for fitness coaching you secure on your own.

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What can the EAP help with?

Achieve well-being

- Stress • Mental health concerns
- Grief and loss • Crisis situations

Manage relationships and family

- Communication • Separation/divorce
- Parenting

Deal with workplace challenges

- Stress • Performance • Work-life balance

Tackle addictions

- Alcohol • Drugs • Tobacco • Gambling

Find child and elder care resources

- Child care • Schooling
- Nursing/retirement homes

Get legal advice

- Family law • Separation/divorce • Custody

Receive financial guidance

- Debt management • Bankruptcy • Retirement

Improve nutrition

- Weight management • Diabetes
- High cholesterol and blood pressure

Focus on your physical health

- Understand symptoms • Identify conditions
- Improve sleep



LifeWorks

by Morneau Shepell



English 1-800-387-4765

French 1-800-361-5676



English workhealthlife.com

French travailsantevie.com