

Benefits Update



Anglican Diocese of Edmonton

January 1, 2025



There is an improvement coming to your benefits plan January 1st!

We are introducing an exciting new benefit to your existing plan. On January 1st, you will have access to a new modern and flexible mental health EFAP.

Previous Benefit	New Benefit
	

How You and Your Family Can Access Mental Health on Demand

On January 1st, look for an registration email from Advica Health with a link and code to create your own account through Inkblot.

OR after January 1st, create your own account at [INKBLOT](https://registration.inkblottherapy.com/) by clicking:
<https://registration.inkblottherapy.com/>

Download the app or go online. Put in your organization code: **diocese**

Share this code with your spouse and children (if applicable). Your dependents can each register for their own account by using the same organization code.



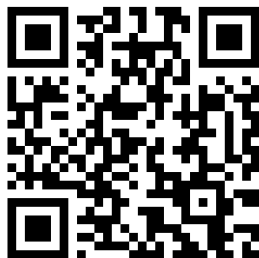
NEW! Mental Health on Demand+



Do you or your family need mental health support?

Mental Health on Demand Includes:

<p>Six Free Sponsored Therapy Sessions</p> <p>Did You Know? Most therapy appointments cost \$220/hour.</p> <p>Receive unlimited virtual counselling appointments at a cost of \$90/session. Use your existing benefits coverage to pay for the first 5.5 hours of therapy.</p>	<p>24/7/365 Unlimited Support Phone Line Answered by a Mental Health Clinician</p> <p>1-855-933-0103</p> <p>When to use this: If you or a family member require immediate mental health support, call this number any time.</p>
<p>First 60-Minute Session Is Free</p> <p>To make sure you feel comfortable with your counsellor, the first session is free.</p>	<p>Self-Led iCBT (Internet-Based Cognitive Behaviour Therapy)</p> <p>Complete lessons, skill-based exercises and programs proven to help users reduce and manage symptoms of anxiety and depression.</p>
<p>Access a diverse network of therapists in multiple languages, specialties, approaches, designations and backgrounds.</p>	<p>Use a convenient online matching questionnaire to be connected with a preferred counsellor.</p>



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