

Hello,

We are pleased to announce that Voyago has retained the services of Morneau Shepell to provide an Employee and Family Assistance Program (EFAP) to all employees and their immediate family members. The new benefit will launch on September 1, 2018. At this time, all employees will receive a formal launch announcement and materials about the program.

Understanding the Morneau Shepell Employee and Family Assistance Program (EFAP)

The EFAP is a confidential and voluntary support service that helps employees take the first step toward change, finding solutions to work, health, and life challenges. The EFAP is also a valuable tool for managers, providing specific resources and coaching to help you deal with sensitive employee and workplace situations.

Confidential and no cost

The EFAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the program unless you choose to tell them. There is no cost to employees or family members to use the EFAP. This benefit is provided to you by your organization.

Let your EFAP help you find solutions for your work, health, and life

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| Short-term Professional Counselling | Specialized & Online Programs |
| Family Support Services | Naturopathic Services |
| Legal Support Services | Nutritional Services |
| Financial Support Services | Health Coaching |

Dedicated EFAP resources and tools for People Leaders

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| Manager Area on workhealthlife.com provides you with helpful articles, videos, and more. Simply create a profile, indicate you're a manager, and the Manager Area becomes available to you. | Manager Consultations are confidential and accessible 24/7 by phone or online chat to provide you with guidance in dealing with sensitive employee and workplace situations. |
| Manager Orientation videos on workhealthlife.com will help you learn how the EFAP can be used as a tool for managers. View videos in the Manager Area on workhealthlife.com. | Healthy Working newsletter addresses topics including employee engagement, change, and how to recognize mental health challenges. Archives available on workhealthlife.com. |
| People Leader Guide provides an overview of the EFAP as a tool for managers and how to handle challenging management scenarios. Download the Guide in the Manager Area on workhealthlife.com. | Annual Wellness Calendar helps managers plan health and wellness initiatives throughout the year. Download it on workhealthlife.com. |

Access your EFAP 24/7

Call: 1.844.880.9142 TTY: 1.877.338.0275

Login: workhealthlife.com gives you access to hundreds of articles, tools and resources. Login today!

Mobile app: Instant access to support on the go! Download the My EAP app now at your device app store (Apple, Android & BlackBerry)



Regards,

Voyago