

## Welcome to Kii, a program designed to empower you to live your best life.

We are here to provide you with confidential, immediate support for any health, work or life challenges you may be facing.

### Your membership includes:



#### Employee & Family Assistance Program (EFAP)

Get confidential, short-term, issue-based counselling, accessible 24/7, for everyday life challenges, such as mental health issues, financial struggles, legal concerns, or relationship issues.



#### Reference Library

Access credible health information to learn more about your conditions and treatment plans. Featuring over 50+ health associations and professionally curated bilingual content from Merck Manuals, a leading medical information resource for healthcare professionals and patients.



#### Mental Health & Wellness

Speak to licensed therapists with nurse navigation at intake to guide you to the right care plan. From prevention of to treatment for conditions such as depression, anxiety, stress, grief, trauma and more.



#### Health & Wellness eNewsletters and Webinars

Sign up for the Kii newsletter to receive monthly articles, videos and invites to live webinars.



#### MEMBERSHIP CARD



24/7 mental health and well-being support

Kiihealth.ca  
Access code:

1-866-814-0018

Start your journey to healthier living.

#### Log into your account at:

Kiihealth.ca | Access code:

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## Empowering better life choices.

Life throws a lot at you and many times, juggling work and personal responsibilities can be overwhelming. We have a wide variety of services to help you tackle more of your to-do list than ever before.

### **Legal Advice**

in areas such as family law, wills, bankruptcy, estate planning and real estate.

### **Financial Advice**

in areas such as budgeting, financial planning, credit support, debt management and mortgages.

### **Life Coaching**

with a certified life coach to help overcome perceived obstacles, set goals and realize your potential.

### **Health & Wellness Advisors**

can support with nutrition, smoking cessation, better sleep and mindfulness.

## Empowering better mental health.

Personal challenges might be affecting your mindset or ability to be your best self. We provide a wide variety of options to help you feel your best.

### **Counselling**

Short-term support that can be accessed virtually, on the phone or in-person to help with stress or family issues such as divorce or parenting.

Our counsellors are a team of highly qualified mental health professionals with a high level of experience dealing with a wide range of issues. They provide a supportive and understanding environment to help you address and resolve your problems.



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# We can support you in a variety of areas.



- Addiction and substance use
- ADHD
- Anger management
- Anxiety and depression
- Body image
- Setting boundaries
- Caregiver stress and support
- Chronic pain and illness
- Financial stress
- Grief and loss
- Gender and sexuality
- 2SLGBTQIA+
- Life transitions
- Men's issues and masculinity
- Parenting and family issues
- Perfectionism
- Personal development
- Relationship issues
- Self-esteem
- Social anxiety
- Work stress
- And more...

## Things that you may have on your mind.

### **Will anyone know I'm using Kii?**

All services accessed are kept strictly confidential within the limits of the law. This means we will not disclose any information about you or your family to anyone without your consent.

### **How can I be sure this will be right for me?**

We have professionals who are trained in delivering care with sensitivity to differences in spiritual, cultural, race, language, disabilities, gender, and sexual orientation.

### **What's the cost?**

There is no cost to use Kii. This program has been provided to you by your employer. If you need more specialized support that isn't covered by the program, your nurse can suggest an appropriate care plan and help you navigate coverage via other benefits and/or the public health care system.

### **Will there be a long wait time when I call in?**

A real-life person (Kii doesn't use bots!) will answer the phone within minutes and the person answering is actually a highly skilled nurse. You'll answer a few questions and then be directed directly to the service best suited to support you.

### **Do I have to download an app? How complicated is it to access this online?**

There is no app to download! You can access Kii via a browser on your phone, computer or tablet. Creating an account takes less than a minute and our online experience is seamless and easy to navigate.



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