

Helping you cope with everyday issues

HOMWOOD HEALTH® ONLINE



Homewood Health can help with many of life's questions, issues and concerns anytime, 24/7, 365 days a year. Their online health and wellness resources are backed by 40 years of leadership in employee and family assistance and organizational wellness. They are focused on mental health and bring a wealth of clinical experience and expertise to their programming, products and services.

Every Equitable Life® plan provides plan members with access to the following health and wellness resources offered by Homewood Health.

Homeweb

Homewood's online and mobile health and wellness portal is unlike any resource in the market today. Through Homeweb you and your family members can access innovative online services from any computer or mobile device. Features include:

- Enhanced user experience with content recommendations based on your preferences;
- Easy to access support services;
- Targeted e-courses, articles, podcasts and videos; and
- Childcare/eldercare service locators.



Health Risk Assessment

Homewood's Health Risk Assessment (HRA), available through Homeweb, offers extensive assessment tools, and overall readiness to change measures that help you identify your health and wellness barriers and provides a roadmap to get back to being your best.

The HRA looks at four specific dimensions of emotional health: work-life balance; anxiety; depression; and stress.

i-Volve – Online CBT for the treatment of depression and anxiety

Homewood's online Cognitive Behavioural Therapy (CBT) program is available to support employees with anxiety or depression. CBT encourages small, incremental changes in behaviour, and is proven to be an effective therapeutic approach. Available through Homeweb, i-Volve allows you to work at your own pace through a series of exercises, ultimately helping to change the ways in which you think, feel and react in various situations.

To learn more, visit EquitableHealth.ca and click on Equitable HealthConnector.

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