



Inkblot

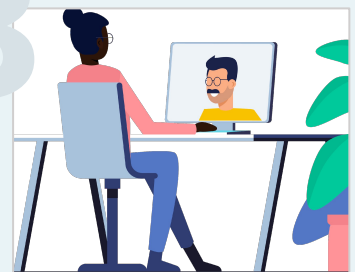
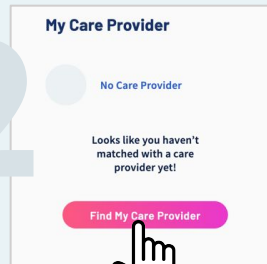
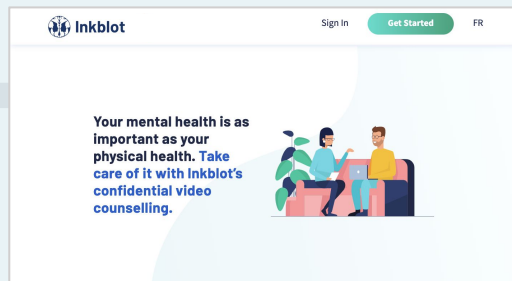
Your virtual Employee and Family Assistance Program

ASEBP is pleased to provide Inkblot EFAP to support you and your dependents. Inkblot is Canada's largest digital EFAP provider which offers video counselling delivered on a secure and encrypted platform. Live counselling sessions take place on your smartphone, tablet or laptop. You can make an appointment within 24-72 hours. You can also book in-person counselling sessions.

This program is completely CONFIDENTIAL, voluntary, and accessible at your convenience. No one from your organization or ASEBP will know if you or your dependants use this program.

Get started:

1. Refer to an email from Inkblot sent to your email address with a direct link to set up your account or go to www.inkblottherapy.com/ASEBP and click on **'Get Started'** to register. Dependents can be directed to the URL to register for their own account.
2. Once you are logged in, you will have the option of selecting an individual or couples counsellor. Click on **Find My Care Provider**. You will then complete a short assessment to help match you to an appropriate counsellor.
3. If you have booked a virtual session, when it's time for it to start, find a quiet place that has a good internet connection, and begin your session.
4. If you are having any problems navigating the site, **click the live chat green circle** in the lower right corner of the screen.



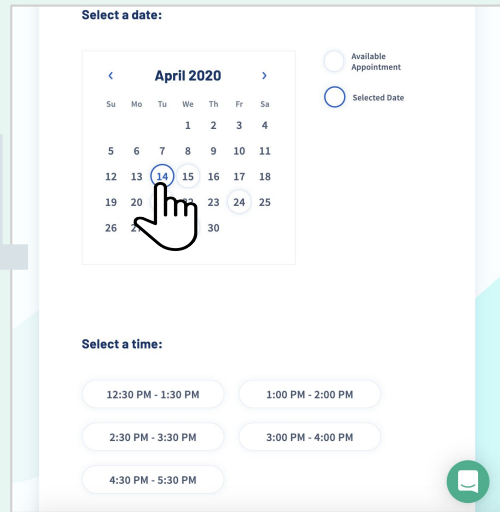
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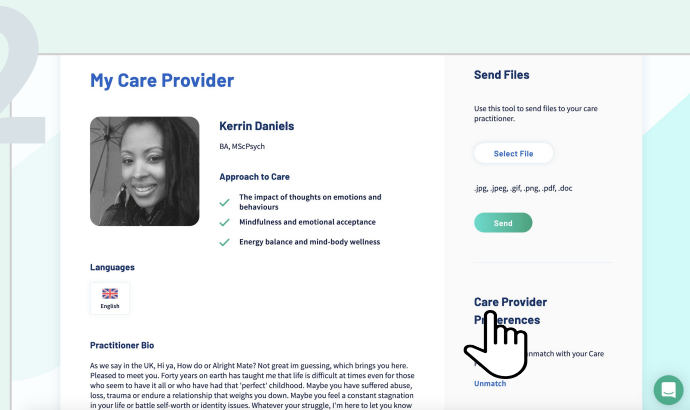
BOOKING FUTURE SESSIONS:

1. If you are happy with your selected counsellor, book your next counselling session by going to **Your Care Provider's calendar** and clicking on the date desired to see what appointment times are available.

If you've maxed out your yearly EFAP allotment, which is **four hours** per calendar year, additional sessions may be reimbursable through your Extended Health Care benefits. You will be asked to input your credit card information when booking subsequent sessions and following the session you will be emailed a receipt for reimbursement.



2. If you would like to change counsellors, go to **My Care Provider** and click **'unmatch'**. You will be asked if you want to reselect from the list of possible counsellor matches, or do the assessment again. **You will have another complimentary consultation with your new counsellor.**



FOR MORE INFORMATION

To learn more about your EFAP, please visit wellness.asebp.ca/efap. If you have questions about this benefit, please contact an ASEBP benefit specialist at benefits@asebp.ca or toll-free at 1-877-431-4786.



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