

OTIP Wellness Programs

Throughout your health and wellness journey, you can count on us - every step of the way.



In partnership with leading health experts, we are proud to provide our plan members with access to comprehensive and evidence-based wellness programs.

Assess your mental health

Looking to understand your risk for mental health disorders?

FeelingBetterNow® is an online platform that provides resources for eligible members and their family members who may be experiencing mental health challenges. You can confidentially discover your risk for a mental health issue and take action based on your needs.

Gain access to:

- Confidential, evidence-based assessments
- Personalized action plans
- Curated resources including tools, mobile apps, online therapy options, and workbooks

Learn more at feelingbetternow.com/otip.



Manage your mental health

Feeling stressed or unsure of what your feelings mean?

Starling Minds is a self-guided digital program that helps you better manage stress, anxiety, burnout, and depression. Take simple steps to help you lead a healthier, happier life.

Gain access to:

- Daily training sessions and exercises
- Mindfulness practices
- Check-ins for tracking changes in mental health
- Anonymous peer-supported community

To get yourself or a family member (16+) started, access codes can be found at [otip.com/Starling Minds](https://otip.com/StarlingMinds).

Read more at member.starlingminds.com.



Take control of your substance use

Looking to cut back on, quit, or simply become more mindful of your substance use?

ALAViDA offers confidential, evidence-based substance use support for anyone who would like to reevaluate their relationship with alcohol and/or substances.

Gain access to:

- A personalized learning plan with iCBT modules (Internet-based Cognitive Behavioural Therapy)
- Self-assessments for awareness of substance use
- Moderated peer support

OTIP plan members and their eligible family members who are the age of majority and older can access ALAViDA at try.alavida.com/otip.



Find support after a cancer diagnosis

Do you have unanswered questions after your diagnosis?

Carepath is a cancer assistance program backed by oncology physicians that provides medical and emotional support to plan members and their families.

Gain access to:

- Personalized care plan based on nursing best practices
- Information about the diagnosis, tests, potential treatment options, and side effects
- One-on-one telephone counselling

OTIP plan members who have long term disability (LTD) coverage and their eligible family members can access Carepath's services.

Learn more at otip.carepath.ca.



Questions? We're here to help. To learn more about our wellness programs, visit otip.com/OTIP-Wellness-Programs or contact OTIP Benefits Services at 1-866-783-6847.

