

Dear valued employee,

Welcome to **QuikCare Mental Wellness**, a health care benefit from TeksMed that provides you with the opportunity to receive digital Cognitive Behavioural Therapy (CBT), at no cost to you.

We understand how difficult it can sometimes be to reach out when you need help. Although as a society we have made great steps forward in recent years, there is unfortunately still a stigma around mental illness and psychological health care. Some people worry that seeking support for their mental health is a sign of weakness, but in truth it is the exact opposite; recognizing an obstacle and taking action to better yourself is a demonstration of great strength. **QuikCare Mental Wellness** aims to provide an accessible and clinically proven resource for the improvement of mental health, which you can access from the privacy and comfort of your own home.

If you are struggling with anxiety, depression, a panic disorder, PTSD, or are just looking for some guidance on how to tackle life's challenges, **QuikCare Mental Wellness** can help you learn techniques that will help you better manage negative moods and stress.

Going forward, if you decide you are ready to seek help for a mental health concern, you can simply contact the **confidential QuikCare Mental Wellness Helpline** at **1-833-355-3226** for rapid assistance. TeksMed will liaise with you to obtain the required information needed to arrange for an assessment to be conducted. You will then be connected with a therapist, who will guide you along the 12-week long CBT program.

Although we will ask for your employer as part of our intake process, please rest assured that your participation in the program will remain 100% confidential, and will never be disclosed to your employer.

#### **How to Arrange Digital Cognitive Behavioural Therapy:**

**Step 1:** Contact TeksMed at 1-833-355-3226

**Step 2:** TeksMed's Care Specialist will call you to collect information and explain the program

**Step 3:** TeksMed will arrange an assessment, then send details on how to access the CBT platform

We are delighted to bring you this new benefit. If you have any questions regarding this program, please feel free to contact TeksMed's Care Specialist at any time.

Sincerely



Tony Culhane  
President  
TeksMed Services Inc.



### What is QuikCare Mental Wellness?

QuikCare Mental Wellness is a health care benefit from TeksMed that provides access to a digital Cognitive Behavioural Therapy (CBT) program. Once enrolled, you are connected to a mental health professional that will guide you through the 12-week course. They are available to answer your questions and provide insight into the activities you'll be asked to complete.

### What is CBT?

Cognitive Behavioral Therapy (CBT) is a short-term therapy with long term benefits that is structured and focused on providing patients with skills to help manage their emotions, thoughts and behaviours. CBT can help you change how you think ("cognitive") and what you do in response to those thoughts ("behaviour").

### What is required?

All that is required is some basic personal information to ensure that you are, in fact, eligible for the service. You must also be 16 years of age or older in order to enrol.

### Will I have to pay?

No, you do not have to pay for your treatment nor seek reimbursement. Your employer is providing you access to this program as a benefit to you, at no additional cost.

### How do I arrange digital CBT?

Getting started with QuikCare Mental Wellness is easy! Simply call our 24/7 helpline **1-833-355-ECAO (3226)** and one of our Care Specialists will gather some preliminary information to get your enrolment started. Once things have been coordinated, we will send you details on how to access the platform via email. You will be required to complete an assessment to ensure you are clinically suitable for the program.

### Why is an assessment necessary?

An assessment is conducted to ensure you are receiving an appropriate level of care for your unique needs. If it is identified that you are suffering from symptoms that require more intensive intervention, you will be directed to resources that are more suitable to your circumstances.

### Will my employer find out I've used the service?

QuikCare Mental Wellness is completely confidential. We will never disclose to your employer that you have enrolled in the program. While we may occasionally present your employer with anonymized aggregate data, it will not contain identifying information. We are committed to ensuring that employees enrolled in QuikCare Mental Wellness feel completely comfortable and confident in their participation.