

Your membership includes:



#### Work Life Support

Speak to an advisor for work-related issues, legal or financial help and support with home and family matters.

#### Mental Health & Wellness

Access to licensed therapists, no matter the intensity of your challenges. From prevention of to treatment for conditions such as depression, anxiety, stress, grief, trauma and more.



#### Reference Library

Access credible health information to learn more about your conditions and treatment plans. Featuring over 90+ health associations and the Mayo Clinic.

#### Health & Wellness eNewsletters and Webinars

All members who sign up for Kii online will receive monthly articles, videos and invites to live webinars.



**Kii**

MEMBERSHIP CARD

Kiihealth.ca  
Access Code:

1-800-661-8193

Start your journey to healthier living.

## 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 you or your family 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.

#### Am I going to be waiting forever when I call?

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.

**kii**



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.

Kiihealth.ca | Access code:  
1-800-661-8193

Kiihealth.ca | Access code: VA1022B  
1-800-661-8193

## Empowering better life choices.

Life throws a lot at you and many times juggling work and everything else 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, Mortgages

### Life Coaching

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

### Daily Living Consultation

to support day-to-day responsibilities such as finding childcare/eldercare, chores, pet obedience, moving, home repair and more.

### Health & Wellness Advisors

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



CONNECT WITH AN ADVISOR TODAY

Kiihealth.ca | Access code:  
1-800-661-8193

## 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
- LGBTQIA+
- Life transitions
- Men's issues and masculinity
- Parenting and family issues
- Perfectionism
- Personal development
- Relationship issues
- Self-esteem
- Social anxiety
- Work stress
- And More...

## Empowering better mental health.

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



### Mental Health Coaching

Work with our Mental Health Coaches to set your goals, create an Action Plan, and have regular check-ins to keep you on track. Your coach is here for you.

### Counselling

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

### Cognitive Behavioural Therapy (CBT)

Your therapist guides you through an online CBT program of readings and exercises to help you improve your resilience and face life's challenges

START FEELING BETTER TODAY

Kiihealth.ca | Access code: VA10228  
1-800-661-8193