



## Effective September 1, 2019, BEACON therapy is being added to the CUPE Local 4600-2 Health & Dental plan!

Are you feeling down? Overwhelmed? Stressed? Many people struggle with feelings like these. If difficult feelings are getting in the way of things that are important to you, you're not alone. Now is the time to start feeling better. BEACON and Green Shield Canada (GSC) can help.

Offered to you and your dependents age 16 and over as part of the psychology benefit, BEACON is an effective, easy-to-access way to receive personalized therapy from a mental health professional. It's a fully digital program, so with no face-to-face appointments to schedule and get to, your therapy happens anywhere and anytime that's comfortable for you. Just access the BEACON by web or app using your computer or mobile device.

Through BEACON you learn new ways to manage your mood, thoughts, and feelings by building coping skills using reading materials, video, interactive worksheets, and questionnaires. By investing the time you need to look after yourself, you'll start feeling better and will gain life-enhancing skills – you may even start to feel better in just a few weeks.

### Your BEACON therapist

Right from the beginning, you have one BEACON therapist who is dedicated to working with you throughout your treatment. That means your therapist really gets to know you and will personalize your experience based on your unique needs and progress. You interact with your therapist through text messaging, and they will respond within one or two business days at most (usually less).

All BEACON therapists are experienced, regulated mental health professionals trained to provide therapy through this digital program.

### Guaranteed secure and confidential

All your interactions with the program are completely secure as BEACON adheres to the highest standards of data protection. You can be assured that no information is shared with anyone else but BEACON.

## Here's how it works...

The **one-time \$500** cost includes:

- An in-depth personal assessment, so your care can be tailored for you.
- A BEACON therapist who will carefully review your assessment results and get you started. Your therapist guides your therapy, understanding your needs and ensuring your improvement.
- Unlimited** messaging with your BEACON therapist for up to 12 weeks and **access to your online resources for a full year.**

### Reimbursement by GSC is combined with the Psychologist benefit:

IF YOU ENROLL FOR:	PSYCHOLOGIST MAX/YR:
Fall, Winter & Summer	\$800
Fall & Winter, or Winter & Summer	\$200
One semester	\$100

For an additional \$300, BEACON also offers an **optional** pre-therapy psychologist review and diagnosis. You will:

- Discuss your in-depth personal assessment with a psychologist over the phone.
- Receive a clinical diagnosis that you can share with your health care provider.

## Let's get started...

1. Visit [www.mindbeacon.com/gsc-pmember](http://www.mindbeacon.com/gsc-pmember) and click on "Start My Assessment."
2. At the end of your BEACON personal assessment, you'll be asked whether you have coverage with GSC and to enter some information found on your GSC ID card, so make sure you have it handy.
3. Start your personal assessment. It typically takes about 30 minutes and will help your BEACON therapist personalize your care.
4. At the end of the assessment, select your care plan and **make a one-time payment using PayPal.**
5. **BEACON will submit a claim on your behalf directly to GSC** for reimbursement of the fee to you – subject to your plan provisions. (Tip: if you are signed up for direct deposit, you will get the reimbursement more quickly.)