

# 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](https://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/Starling-Minds).

Read more at [member.starlingminds.com](https://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](https://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](https://otip.carepath.ca).

