



Stuck at a standstill?

We can help you get moving again.

With Arcora's Mental Well-being Solutions (EAP), you and your family can access:

- Mental health counselling
- Eldercare guidance
- Personal legal guidance
- Personal financial guidance
- Childcare navigation support
- Nutritional guidance

Get in touch today for
free, confidential and
professional support.

ARCORA

Maximum
benefit.

1-877-412-7483



A photograph of a person's legs and feet standing on a log floating in a body of water. The person is wearing a teal jacket, dark leggings, and brown boots. The water is greenish-brown. The image is partially obscured by a white curved shape that contains the text.

Feeling unsteady?

Lean on us.

With Arcora's mental health counselling supports, you and your family can expect:

- Accessible, inclusive sessions delivered by a top-tier counsellor matched to meet your needs
- Sessions available in person, virtually or by phone to address a wide range of concerns, including:
 - Personal and relationship counselling
 - Anxiety and depression
 - Family challenges
 - Work-related challenges
 - Addiction and dependency concerns

**Get in touch today for
free, confidential and
professional support.**

ARCORA

Maximum
benefit.

1-877-412-7483



AACORA

Maximum
benefit.

Caring for loved ones weighing on you?

Let our eldercare professionals take the weight off your shoulders.

With Arcora's eldercare guidance, you and your family can expect:

- Guidance from registered experts in relevant fields—social work, occupational therapy, elder mediation and other allied health professions
- Reliable care management advice and resources
- Help navigating eldercare challenges from individuals who understand the experience of caring for older adults

**Get in touch today for
free, confidential and
professional support.**

1-877-412-7483





Legal questions making you dizzy?

Our legal experts can help bring things into focus.

With Arcora's personal legal guidance, you and your family can expect:

- General guidance that will make you feel comfortable taking your next step
- Understanding of the law and legal system in general terms
- Support with navigating legal forms and jargon

Get in touch today for
free, confidential and
professional support.

ARCORA

Maximum
benefit.

1-877-412-7483



Feeling off kilter about balancing the books?

AACORA
Maximum
benefit.

Our financial experts can provide steady guidance.

With Arcora's personal financial guidance, you and your family can expect:

- Access to accredited, CPA-level financial professionals with extensive industry knowledge
- Help with understanding all things finance, from money management and debt reduction to retirement planning and tax strategies
- Impartial financial guidance for any aspect or stage of your life

Get in touch today for
free, confidential and
professional support.

1-877-412-7483



Feeling lost trying to find reliable childcare options?

AACORA
Maximum
benefit.

Our childcare navigation support will point you in the right direction.

With Arcora's childcare navigation support, you and your family can expect:

- Childcare solutions that meet your specific needs—from daycare to summer camps
- A detailed summary of options, so you're able to make an informed decision
- Unlimited support, for your life's most important work

Get in touch today for free, confidential and professional support.

1-877-412-7483





Hungry for nutritional knowledge?

Our registered dietitians can nourish your understanding.

With Arcora's nutritional guidance, you and your family can expect:

- Guidance to help with achieving dietary goals
- Tools for building (or rebuilding) a healthy relationship with food
- Strategies to manage digestive issues, food intolerances, chronic conditions and more

Get in touch today for
free, confidential and
professional support.

ARCORA

Maximum
benefit.

1-877-412-7483

