



## HEALTH & WELLNESS

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### **iCBT: Online therapy covered through extended health care benefits**

Mental health support is just a click away with iCBT, an online cognitive behavioural therapy (CBT) program. CBT helps people with mental health issues develop coping strategies and ways to change negative thought patterns and behaviours; it's proven to help with issues like depression and anxiety.

Those managing mental health issues may need help right away but don't have access to a therapist because of location, access to transportation, or waiting lists. Getting treatment online is one way you can get help when you need it.

#### **How does it work?**

If you use iCBT, you can expect an initial mental health screening, modules specific to your condition guided by a registered psychologist or qualified social worker, and feedback from the therapist during and after the modules are completed.

#### **What about coverage and claims?**

iCBT won't be labelled as such in your plan booklet, since it's a service performed by a psychologist or social worker. If you have coverage for a psychologist or social worker, be sure to share that information with the iCBT provider, so they can connect you with a practitioner covered by your plan.

You can claim iCBT expenses, delivered by registered psychologists or qualified social workers, under your extended health care benefits (check your plan for details and conditions). You can claim these expenses as you move through the program.

To learn more, contact your plan sponsor or Canada Life.

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