



Employee and Family Assistance Program (EFAP)

New brand, same great services!

Inkblot by GreenShield, ASEBP's Employee and Family Assistance Program provider, rebranded to **GreenShield Health**. The branding update impacts the look and feel of EFAP but does not impact existing programs and services.

The Employee and Family and Assistance Program is in addition to the ASEBP benefits at no additional charge. Your EFAP connects you and your dependants with specialists, advisors, and healthcare professionals – including legal and financial advisors, career coaches, registered nurses, and more – that can guide you through a range of challenges.

In addition to your regular ASEBP benefits, you will receive a yearly allotment of confidential support services that include:

- Individual Counselling
- Couples Counselling
- Health Coaching
- Career Coaching
- Life Transitions
- Financial Advice
- Legal Advice

Please refer to the following link for a full list of what is offered under this plan

<https://wellness.asebp.ca/efap/>

Accessing Your EFAP

To access the services offered by your EFAP, register for an account on GreenShield's platform (Register for GreenShield+ button below).

GreenShield also offers a mobile app, which you can find on your device's app store by searching "GreenShield+".

For login and registration support, contact GreenShield toll free at 1-888-525-7587, or by email at support@greenshield.ca.