

Maple offers a full Scope MAP powered by Inkblot.

Did you know?

The program provides accessible and personalized care across various needs, including sponsored hours of counselling for members and their dependents, as well as couples counselling, plus a number of other benefits

The program includes:

- **Mental Health support:** individuals, couples, and children
- **Work, Health, & Life Services (“Advisory Services”)**
- **Wellness Hub** library of content and resources
- **Digital iCBT Add-On Program** that delivers Internet-based Cognitive Behavioural Therapy to help people with mild to moderate anxiety and depression help achieve wellness goals



Advisory services

Provided by a network of qualified professionals: Nurses, registered dietitians, nutritionists, kinesiologists, certified fitness coaches, life coaches, career coaches and more – all trained to provide strategies to support wellness goals

Health Coaching



Life Transitions



Career Coaching



Legal Services



Financial Services



*Your program covers
5 hours per person per year for each advisory services.*

YOUR MEMBER ASSISTANCE PROGRAM COVERAGE

Through your MAP, get access to:

- Individual Counselling ➤ *5 hours/person/year*
- Couples Counselling ➤ *5 hours/person/year*
- Health and Nutrition ➤ *5 hours/person/year*
- Life Transitions ➤ *5 hours/person/year*
- Work and Career ➤ *5 hours/person/year*
- Legal and Financial ➤ *As needed*
- Crisis phone line ➤ *24/7/365*



Cognitive Behavioral Therapy (iCBT)

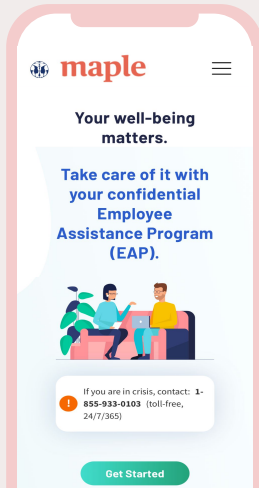
Interactive learning modules, tools and coaching help members develop positive coping strategies and reduce life-disrupting symptoms without the wait. Regular in-app reminders and guided coaching ensure members stay motivated on their iCBT journey to reach their mental health goals. Available in both self-led and coach-led models.



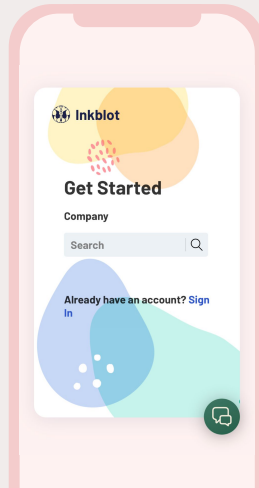
Patient experience: Assistance plan & crisis support

Seamless access to whole person care in the palm of your hand

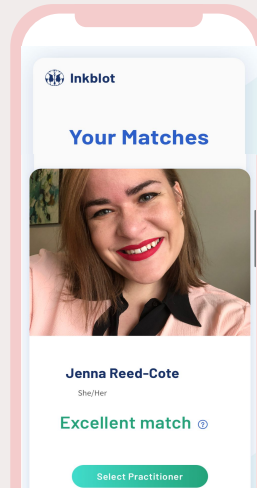
Click the “Member Assistance Program” tile within your Maple account to access Inkblot.



Click “Get Started” and enter in your company name. Then fill out additional profile / account details



Complete survey to match to a provider best suited for you. Book counselling sessions whenever convenient for you



Your MAP coverage includes counselling, crisis support, legal & financial support, and advisory services



What makes us different?



Convenient access online, in person or by phone designed to suit all workforces



Personalized matching system allows members to select the counsellor they wish to work with — with ability to book initial virtual appointment **within 24-72 hours**



Online matching with nurses and other **specialized practitioners** for Health, Life, Career Coaching, with the ability to continue longer term if needed



Ability to continue with the same counsellor beyond the MAP allotment when **longer treatment** is needed, using the extended health benefits plan, or out of pocket



Commitment to **diversity, equity and inclusion** by virtue of our ability to match members to counsellors based on their first language, religion, culture, sexual identity and more.