



## NSTU MEMBER ASSISTANCE PROGRAM CAREPATH™ WELLNESS PROGRAMS AVAILABLE TO YOU!

The NSTU Group Insurance Trustees have a fantastic partnership with CAREpath™ and are happy to be able to offer assistance programs at no cost to you. You will be receiving a mailing with more information about these programs along with case study examples which highlight when you or a family member would look to use each of the programs. These offerings are available to both active and retired teachers as well as eligible dependants (certain programs may have a minimum age requirement). Below is a high level overview of each program and what they offer:

### **Your Wellness Partner:**

Your Wellness Partner offers multiple levels of Mental Health Support to provide the right guidance at the right time leveraging internet, mobile phone, email, etc. to provide:

- an initial assessment and navigation by a mental health nurse or social worker;
- access to a psychiatric assessment and a family physician consultation;
- psychoeducation and coaching for self-management strategies;
- a facilitated CBT program “Mind Zone” delivered by mobile application;
- psychotherapy by Masters/PhD prepared social workers, mental health nurses, and psychologists.

### **Cancer Assistance Program:**

The Cancer Assistance Program is designed to connect members with an Oncology Nurse who serves as the single point of contact to provide:

- an in-depth assessment of treatment plans;

- facilitation of access to diagnostic tests, treatments, and clinical trials;
- thorough explanation of tests, treatments, and plan of care;
- medical second opinions through a partnership with Cleveland Clinic Canada.

### **HealthCareAssist:**

HealthCareAssist connects you with a Nurse Case Manager who provides a single point of contact, creates continuity of care and ensures patients receive the right treatment including:

- an assessment of treatment plans to ensure consistency with medical best practice;
- access to diagnostic tests, treatments, and clinical trials;
- virtual doctor-to-doctor consults with the patient’s local treating physicians after completing medical second opinion through Cleveland Clinic Canada;
- guiding patients to alternate treatment locations in and outside of Canada, when requested or required.

### **Seniors’ Care Assistance:**

This program connects members, immediate family, and parents to a Registered Nurse who specializes in Seniors’ Care Assistance. Some of the support provided includes:

- connection to publicly funded resources and access to alternative ways to pay;
- providing access to services assisting in booking appointments, gathering medical records, completing forms, etc.;
- recommending care services such as nursing, personal, companionship, house cleaning, etc.

The CAREpath™ Programs can be accessed directly at **1-844-453-6788**. You can also find more information on these programs and all of your Group Insurance Benefits by visiting the new NSTU Group Insurance Trustee website at [www.nstuinsurance.ca](http://www.nstuinsurance.ca).