



Covid-19 – Services offered by La Capitale

Last week, we sent you an Info Insurance publication on dental care. This week, we will provide you with a summary of the services offered by La Capitale since the beginning of the pandemic. In this issue, you will find resources and advice that we invite you to pass on to your members.

To support its policyholders in the current situation, La Capitale has been sending them messages in recent weeks about available resources. However, our members have received these messages only if La Capitale had their email address. We are therefore providing links (below) to access the information. **The emails from La Capitale were personalized**, based on the insured person's coverage. You should therefore click on the link for your coverage (modules A, B or C).

SUBJECT OF MESSAGE AND SERVICE PARTNER	SERVICE OFFERED	HEALTH INSURANCE COVERAGE
<p>Sleep disorders</p> <p>HALEO</p> <p><i>* Best viewed in Chrome (Internet Explorer is not recommended)</i></p>	<p>Free assessment</p> <p>+</p> <p>Full therapy or coaching, online (\$)</p>	<p>Basic coverage (Module A)</p>

Web version of email:

Hello,



Do you have trouble falling asleep? Do you wake up feeling rested?

La Capitale cares about your well-being. We know that your sleep quality, like other aspects of your life, may be disturbed by the unique situation we are experiencing. Getting a good night's sleep boosts your mood, concentration and energy level, factors which all have a direct impact on your health and well-being.

Help is available

If it takes you more than half an hour to fall asleep, you are often awake more than half an hour during the night or you get less than six and a half hours of sleep per night, you may be suffering from insomnia. To help you come up with some solutions, **we are pleased to offer you a free assessment by HALEO, the online sleep clinic we have partnered with**



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<p></p> <p>If your test results show that you have a sleep disorder, you may be a candidate for the therapy offered by the HALEO clinic. Fees apply for the therapy provided, which is not covered under your group insurance plan with La Capitale.</p> <p>There are two available options if you would like to receive this support:</p> <ul style="list-style-type: none">• Therapy to treat chronic insomnia (by videoconference)• Sleep coaching program (by chat) <p>Link to HALEO Clinic test: https://evaluation.haleoclinic.com/screener/sign-up/lacapitale/sp/en-ca</p> <p><i>*You may have trouble connecting if you use Internet Explorer.</i></p> <div data-bbox="203 1144 1437 1297"><p>80% of clients who complete HALEO's therapy for insomnia experience clinically significant improvement in their sleep.</p></div>		
<p>Want more information about sleep?</p> <p>Visit the Canadian public health campaign on sleep Sleep on it.</p> <p>If you think the sleep assessment or support offered by HALEO might be of benefit to some of your close relatives, feel free to share this information with them.</p> <p>Let's take care of our health, for everyone's benefit!</p>		



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If your test results show that you have a sleep disorder, you may be a candidate for the therapy offered by the HALEO clinic. There are two available options:

- Therapy to treat chronic insomnia (by videoconference)
- Sleep coaching program (by chat)

Fees apply for the therapy provided. However, since you benefit from a group insurance plan that covers treatment provided by a psychologist or a psychotherapist, these fees are eligible for a reimbursement, based on the maximum amounts provided for in your contract.

Link to HALEO Clinic test:

<https://evaluation.haleoclinic.com/screener/sign-up/lacapitale/pep/en-ca>

**You may have trouble connecting if you use Internet Explorer.*



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Want more information about sleep?

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<p>Stress and anxiety</p> <p>BEACON</p>	<p>"Stronger Minds" (free)</p> <p>OR</p> <p>Full therapy, online (\$)</p>	<p>Basic coverage (Module A)</p>
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Hello,

La Capitale is especially sensitive to the repercussions the exceptional circumstances we're currently experiencing can have on your life and well-being. They can affect you psychologically. It's normal to be concerned, feel stressed or anxious.

Is your daily life affected by your fears?

Evaluate your current anxiety level by becoming aware of the following symptoms:

1. A feeling of nervousness, anxiety or tension
2. Can't stop worrying or calm your concerns
3. Excessively worried about every little thing
4. Difficulty relaxing
5. Highly-agitated, can't remain calm
6. Easily upset or irritated
7. Afraid that something terrible will happen to you

If in the course of the last two weeks, you were affected by several of these symptoms nearly every day, you may need the help of a professional to curb your anxiety levels.

To help you cope with your concerns, La Capitale wishes to share with you two solutions offered by our partner, Beacon.



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<p>The <i>Stronger minds</i> program</p> <p>This free online program can help you protect your emotional health and find your resilience during this crisis. You will have access to videos and articles posted by experts.</p> <p>Topics include difficulties related to social isolation, supporting family members in need, concerns related to financial insecurity and much more.</p> <p>Go to the platform</p> <p><i>* You may have trouble connecting if you use Internet Explorer.</i></p> <p>If this program does not meet your needs, Beacon’s online therapy program may prove to be the answer. However, this program is not offered for free and the fee is not covered by La Capitale’s group insurance plan.</p> <p>Beacon’s online therapy</p> <p>This personalized initiative offers online psychological support provided by a licensed professional. Its goal is to help you better manage your thoughts and feelings. It’s suitable for people experiencing problems related to psychological health such as depression, anxiety and insomnia.</p> <p>Before you start the therapy, an evaluation will allow the therapist to adapt the treatment process and ensure that it’s right for you.</p> <p>For more information, visit Beacon.</p> <p>If you think a loved one could benefit from this support, don’t hesitate to notify them of this online solution.</p> <p>Let’s take care of our health, for everyone’s benefit!</p>		



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The *Stronger minds* program

This **free** online program can help you protect your emotional health and find your resilience during this crisis. You will have access to videos and articles posted by experts.

Topics include difficulties related to social isolation, supporting family members in need, concerns related to financial insecurity and much more.

[Go to the platform](#)

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Email about physical activity

La Capitale also informed members of two online physical activity platforms, available from its partners for a limited time. When free access ends will be entirely up to the service partners.

Note that these platforms are in French only.

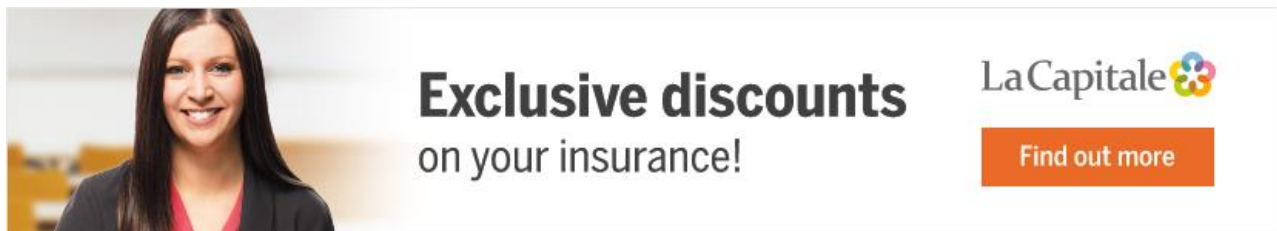



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