

OTIP Wellness Programs

Throughout your health journey, you can count on us - every step of the way.



In partnership with leading health experts, we are proud to provide our plan members with access to comprehensive and evidence-based wellness programs.

Assess your mental health

Looking to understand your risk for mental health disorders?

Built by mental health professionals, FeelingBetterNow® is an online platform that provides resources for eligible members and their family members who may be experiencing mental health challenges. With the focus on early identification, you can confidentially discover your risk for a mental health issue and take action based on your needs.

Learn more at feelingbetternow.com/otip.



Gain access to:

- Confidential, evidence-based assessments
- Personalized action plans
- A wealth of self-care tools, mobile apps, online therapy options, and workbooks

Manage your mental health

Feeling stressed or unsure of what your thoughts and feelings mean?

Starling Minds is a self-guided digital program that provides tools to help manage and improve your mental fitness. Learn how to integrate practical strategies into your daily life to better manage stress, anxiety, burnout, and depression.

To get yourself or an eligible family member (16+) started, access codes can be found at otip.com/Help-Center/Starling-Minds-access-codes.

Read more at member.starlingminds.com.



Gain access to:

- Daily training sessions and exercises
- Check-ins for tracking changes in mental health
- Live training webinars to build mindfulness
- Anonymous peer-supported community

Take control of your substance use

Looking to cut back on, quit, or simply become more mindful of your substance use?

ALAViDA offers confidential, evidence-based substance use support for anyone who would like to reevaluate their relationship with alcohol and/or substances. This specialized treatment program allows you to track your journey and access self-guided resources with no time off work.

OTIP plan members and their eligible family members who are the age of majority and older can access ALAViDA at try.alavida.com/otip.



Substance Use

Gain access to:

- A personalized learning plan with iCBT modules (Internet-based Cognitive Behavioural Therapy)
- Self-assessments for awareness of substance use
- Moderated peer support

Questions?

We're here to help. To learn more about our wellness programs, visit otip.com/OTIP-Wellness-Programs or contact OTIP Benefits Services at 1-866-783-6847.

