



Canopy Quick Reference Guide

It's **easy** for you and **your family** to use **free** and **confidential** coaching, counseling, financial, legal, life discounts, and self-help **resources**

Convenient Connection

Phone, text, email, or virtual care navigation with a mental health expert

Personalized Care Plan

We'll guide you to the appropriate resources based on your unique needs and preferences

Fast Access

Benefit from quick connection with resources and providers

Utilize Your Member Site:

Get guided support to the services that best meet your needs, or browse all of the available resources. Log in at: **my.canopywell.com**

Get Started Now:

☎ 800-433-2320 📠 503-850-7721 🌐 my.canopywell.com

