

JUST A

Phone Call Away...

Sometimes personal and work-related issues can affect you and how you perform your job.

Your organization's Arive® Lite Management Assistance Program is designed to provide you with support and guidance when you need it most.

Arete® Human Resources Inc. has been retained by your group insurance provider to help you deal with the stresses and challenges you face.

Because this service is covered through your employer's benefit package, there are no out-of-pocket costs to you, and no claim forms to submit.

Simply call the toll-free number listed on the back of this card to reach Arete Human Resources. A specialist will ask you some questions to identify how best to help you. Contact with a professional counsellor is then arranged for up to 12 hours of private face-to-face counselling.

Confidentiality is assured and the details of your counselling session are never shared with your employer.

For assistance with:

- Marital & family challenges
 - Work-related difficulties
 - Personal problems
 - Dependency concerns
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Confidential, solution-
focused support

Contact us
toll free:

1-877-412-7483

Have your group insurance & certificate
numbers handy when you call:

GROUP INSURANCE #:

CERTIFICATE #: