

# 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

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## Convenient Connection

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

2

## Personalized Care Plan

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

3

## 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](https://my.canopywell.com)

## Get Started Now:

call: 800-433-2320

text: 503-850-7721

visit: [my.canopywell.com](https://my.canopywell.com)



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