

Benefits Bulletin: June 2020 Update

About your group benefit program

Interuniversity Services Inc. (ISI) is a not-for-profit organization that administers volume-purchasing arrangements for member post-secondary institutions throughout Atlantic Canada.

The current Employee and Family Assistance Program (EFAP) provider contract ended earlier this year. ISI, in conjunction with the Employee Benefits Executive Committee conducted a Request for Proposal process and recently awarded the EFAP to Morneau Shepell.

Effective July 1, 2020 the rate will increase from \$0.81 per pay to \$0.89 per pay.

Employee and Family Assistance Program

The EFAP is a network of professional advisors who are available day or night to provide confidential assistance with concerns that affect clients personal, family, work life or general well being.

EFAP is a voluntary, confidential, short term counseling and advisory service that connects employees and their eligible family members to a network of dedicated professionals who are able to provide assistance 24 hours a day. This network includes psychologists, social workers, addiction and career counselors, childcare and elder care specialists and legal and financial specialists. These professionals are ready and waiting to assist with special concern, anytime help is needed.

Contact Information

“Care Around The Clock” Call 24-Hours A Day-365 Days A Year

For information, general assistance or to arrange for an appointment with a counselor, simply call the toll free EFAP line.

Toll free services (Saint Mary's University Employee Group Benefit Program):

EFAP English Services: 1-844-880-9142

EFAP French Services: 1-800-361-5676

TTY Hearing Impaired: 1-877-338-0275

EFAP On-line Services

The EFAP website, workhealthlife.com, provides you and your family with anytime, anywhere access to professional counselling, information and resources to help resolve challenges you face.