



Welcome to Kii, a program designed to empower you to live your best life.

We are here to provide you with confidential, immediate support for any health, work or life challenges you may be facing.



Your membership includes:

Empowering better LIFE CHOICES

Life throws a lot at you and many times, juggling work and personal responsibilities can be overwhelming. We have a wide variety of services to help you tackle more of your to-do list

- Legal Advice
- Life Coaching
- Health & Wellness Advisors
- Financial Advice
- Daily Living Consultation

Kii can support you in a variety of areas.

- Work stress
- Chronic pain and illness
- Caregiver stress and support
- Anxiety and depression
- Anger management
- Parenting and family issues
- Relationship issues
- Self-esteem
- Grief and loss
- Life transitions
- Social anxiety
- Men's issues and masculinity
- Perfectionism
- Personal development
- Addiction and substance abuse
- ADHD
- Body image
- Setting boundaries
- Financial stress
- LGBTQIA+
- Gender and sexuality
- And more...



Employee Family Assistance Program (EFAP)

Speak to an advisor for work-related issues, legal or financial help and support with home and family matters.



Reference Library

Access credible health information to learn more about your conditions and treatment plans. Featuring over 90+ health associations and the Mayo Clinic.



Health & Wellness eNewsletters and Webinars

All members who sign up for Kii online will receive monthly articles, videos and invites to live webinars.



Mental Health & Wellness

Access to licensed therapists, no matter the intensity of your challenges. From prevention of to treatment for conditions such as depression, anxiety, stress, grief, trauma and more.

Empowering better MENTAL HEALTH

Personal challenges might be impacting or affecting your mindset or ability to be your best self. We provide a variety of options to help you feel your best.

- **Counselling**
Short-term support that can be accessed virtually, on the phone or in person.
- **MindBeacon™ Guided CBT Program**
Your therapist guides you through an online CBT program of reading and experiences to help you improve your resilience and face life's challenges.

On Your Mind

Will anyone know I am using Kii?

- All access to services are kept strictly confidential within the limits of the law. This means we will not disclose any information about you or your family to anyone without your consent.

How can I be sure this will be right for me?

- We have professionals who are trained in delivering care with sensitivity to difference in spiritual, cultural, race, language, disabilities, gender and sexual orientations.

What's the cost?

- There is no cost to you or your family to use Kii. This program has been provided to you by your employer.

Am I going to be waiting forever when I call?

- A real-life person (Kii doesn't use bots!) will answer the phone within minutes and the person answering is actually a highly skilled nurse. After a few questions you will be directed to the service best suited to support you.

Do I have to download an app? IS it complicated to access online?

- There is no app! You can access Kii via a browser on your phone, computer or tablet.



Kiihealth.ca or 1-866-814-0018