



WHAT'S THE BENEFIT?

How well do you know the extra benefits that ASEBP has to offer? Test yourself by trying to get as many points as you can in five minutes! Each correct answer and completed challenge is worth one point.

1. What does EFAP stand for?
2. Which EFAP provider offers services to you and your family as part of your ASEBP benefits?
3. What's the phone number to reach your EFAP service provider?
4. **CHALLENGE:** Add this number to your contacts.
5. What's the URL for your EFAP service portal?
6. **CHALLENGE:** Register for an account. If you already have an account, give yourself a point!
7. Counselling is just one of the many services available through your EFAP. Can you name **three more?** (three points)
8. What's the name of ASEBP's mobile app?
9. **CHALLENGE:** Download the app. If you already have the app, give yourself a point!
10. Where on the ASEBP website can you find examples of products and services that are eligible to claim through your Health Spending Account?
11. List **three ways** you can use The Sandbox to support wellness in your workplace. (three points)
12. **CHALLENGE:** Visit The Sandbox and subscribe to E-News. If you're already subscribed, give yourself a point!

TOTAL

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WHAT'S THE BENEFIT?

ANSWER KEY

1. What does EFAP stand for?

ANSWER: Employee and Family Assistance Program

2. Which EFAP provider offers services to you and your family as part of your ASEBP benefits?

ANSWER: Homewood Health

3. What's the phone number to reach your EFAP service provider?

ANSWER: 1-800-663-1142

4. **CHALLENGE:** Add this number to your contacts.

5. What's the URL for your EFAP service portal?

ANSWER: www.homeweb.ca

6. **CHALLENGE:** Register for an account. If you already have an account, give yourself a point!

7. Counselling is just one of the many services available through your EFAP. Can you name **three more?** (three points)

ANSWER: Various answers may include, but aren't limited to:

- leadership support (Key Person Advice Line)
- Life Smart Coaching Services
- online resources (articles, e-courses, Health Risk Assessments, a Health and Wellness Library, etc.)
- print resources (activity books, brochures, newsletters, etc.)
- support in the following areas:
 - finances
 - lifestyle (fitness, health, nutrition, weight loss)
 - mental health (anxiety)
 - relationships and family life (caregiving, communication, parenting)
 - workplace and career development

8. What's the name of ASEBP's mobile app?

ANSWER: My ASEBP Mobile App

9. **CHALLENGE:** Download the app. If you already have the app, give yourself a point!

10. Where on our website, asebp.ca, can you find out what products and services are eligible to claim through your Health Spending Account?

ANSWER: Under My Benefits, visit Spending Accounts and expand the Health Spending Account (HSA) accordion. Under Eligible Expenses, there's a link that reads "[list of eligible medical expenses](#)," which will take you to the official list on the Government of Canada website.

11. List **three ways** you can use The Sandbox to support wellness in your workplace. (three points)

ANSWER:

- Take advantage of the resources, blogs and forum discussions
- Keep an eye out for events to attend
- Subscribe to E-News

12. **CHALLENGE:** Visit The Sandbox and subscribe to [E-News](#).

TOTAL ____ /16