

CADA 360 – EAP



SLEEP HYGIENE SUPPORT

CADA 360 Employee Benefits Program provides members and their families with sleep hygiene support through Consult+ **EAP**. If you are experiencing sleep disturbances, reach out to a counsellor through your EAP.

Access Consult+ EAP Services:

Download Consult+ App



Visit: consultplus.dialogue.co

Call: 1-844-594-0367 (24/7)

IMPORTANT:

When creating a Consult+ account, enter the exact name and date of birth provided for benefit enrolment with Canada Life.

Refer to your benefits card.

Consult+

CADA 360 Employee Benefits partnered with Consult+

CADA 360