



sentio

BY HOMWOOD HEALTH

SELF-DIRECTED iCBT

Online therapy at your own pace

As your assistance program provider, supporting you means more than just pointing you in the right direction. It means providing tools, resources, employee assistance and mental health support that meets you where you are at.

To date tens of thousands of people have trusted i-Volve – our current iCBT solution, to help with their depression, anxiety and overall mental health challenges. Now we are further enhancing the support and experience for you.

Introducing Sentio by Homewood Health™

Sentio Self-Directed iCBT is the market's most comprehensive digital cognitive behavioural therapy platform - developed for Canadians by Homewood's mental health experts. With a wealth of content created by a team of our experienced clinical professionals, Sentio contains over 20 unique treatment goals for issues like stress management, improving sleep, managing depressive thoughts, and coping with panic - as well as a collection of tools and resources to help you build skills and change your thought patterns. iCBT has been proven to be an effective therapy for mild to moderate depression, anxiety and other mental health issues. Sentio by Homewood Health makes it more convenient and effective than ever before – available as a standalone app, on mobile, tablet and desktop.

Sentio introduces a number of unique, enhanced care features:

- Over 20 unique treatment goals such as stress management, managing depressive thoughts, improving sleep and coping with panic.
- You can work through treatment goals in any order, at your own pace.
- Integrated symptom measurement and progress tracking.
- Interactive multimedia learning and cognitive exercises to enhance learning.
- Progress, learnings, and exercises that have been accessed are available to be re-accessed for 12 months.



As part of Homewood Pathfinder, you will have access to Sentio.

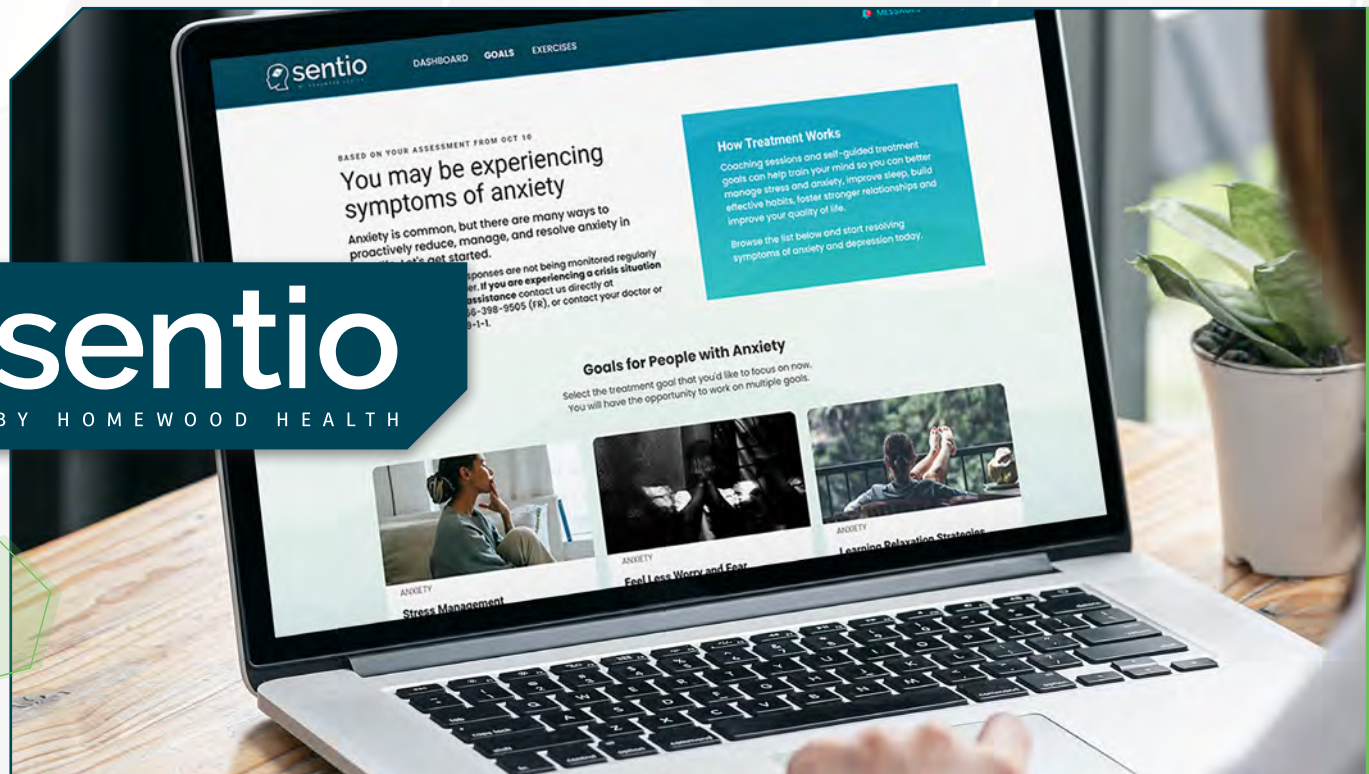
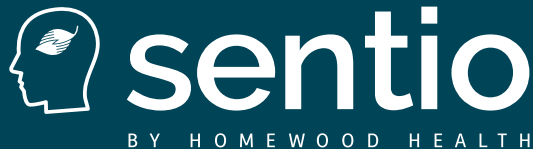
How Does Sentio Differ from Traditional CBT?

We are pleased to make Sentio available to through Homeweb.ca, Homewood Pathfinder and on the Apple and Google Play stores. Please note that Sentio will be replacing i-Volve and after access is provided to Sentio, any open i-Volve iCBT cases will be closed within 90 days.

Sentio Self-Directed iCBT is part of a new employee assistance and mental health platform that combines multiple levels of support with leading-edge technology and Homewood's mental health expertise.

We're excited about introducing Sentio to you.





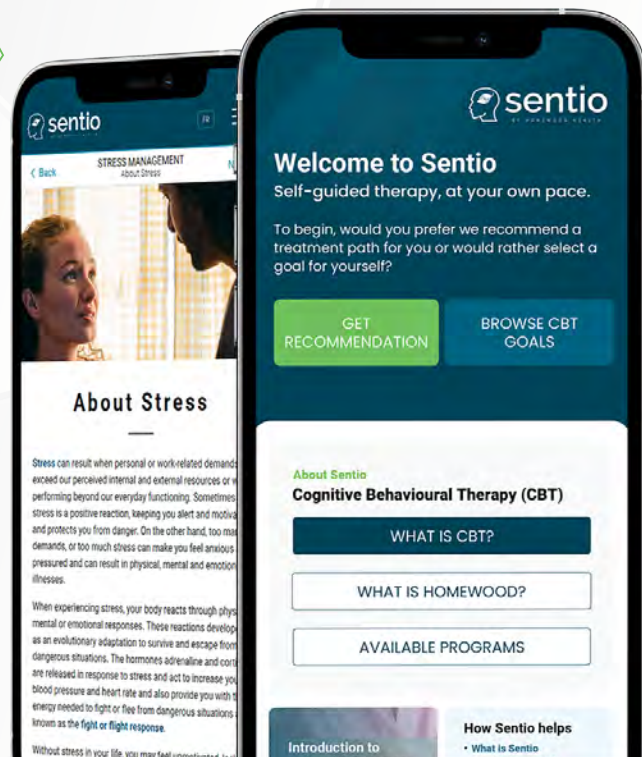
Welcome to Sentio by Homewood Health™, our internet-based Cognitive Behavioural Therapy (iCBT) program. iCBT has been proven to be an effective therapy for mild to moderate depression, anxiety and other psychological mental health issues. Developed by clinical professionals using clinically-researched techniques, Sentio contains over 20 treatment goals plus a wealth of tools and resources to help you change your thought patterns and improve your mood.

Cognitive Behavioural Therapy (CBT) is a form of psychotherapy that focuses on the links between thoughts (cognitions), feelings and behaviour. Your thoughts lead to feelings. Your feelings lead to behaviours. Your behaviours can, in turn, positively or negatively influence your feelings. The Senticio iCBT program helps you recognize how those thoughts, feelings and behaviours mutually impact each other, and give you the tools to help you change your thought patterns and improve your mood.

How Does Senticio Work?

Your Senticio experience begins with a short online self-assessment. The information you input in the assessment leads to a recommended care path for your needs. The care path is customized by offering various treatment goals that you may choose from and work towards based on your needs and interests.

Every two weeks you'll be directed to complete an assessment to provide insights on your progress.



To get started, visit Senticio at **Homeweb.ca**





SENTIO BY HOMEWOOD HEALTH™ ONLINE iCBT THERAPY

Homewood Health has developed an internet-based Cognitive Behavioural Therapy (iCBT) program called Sentio. iCBT has been proven to be an effective therapy for mild to moderate depression, anxiety and other psychological mental health issues. Developed by clinical professionals using clinically-researched techniques, Sentio contains over 20 treatment goals plus a wealth of tools and resources to help you change your thought patterns and improve your mood.

What is Cognitive Behavioural Therapy?

Cognitive Behavioural Therapy (CBT) is a form of psychotherapy that focuses on the links between thoughts (cognitions), feelings and behaviour. Your thoughts lead to feelings. Your feelings lead to behaviours. Your behaviours can, in turn, positively or negatively influence your feelings. The Sentio iCBT program helps you recognize how those thoughts, feelings and behaviours mutually impact each other, and gives you the tools to help you change your thought patterns and improve your mood.

How Does Sentio Differ from Traditional CBT?

Sentio takes the traditional CBT approach to an entirely new level of interaction and accessibility for Canadians. It addresses common barriers to accessing mental health support such as limited access to counsellors or therapists or hesitancy to disclose mental health concerns to another person. The program provides greater accessibility to mental health support for those who have limited time, mobility issues or who live in rural or remote areas. It also ensures that evidence-based mental health support is more broadly available.

You can access Sentio on your computer, phone or tablet, anywhere and anytime.

Sentio is not meant to replace assistance if you are in crisis. If you are experiencing a crisis situation and need immediate assistance, contact your family doctor or emergency services at 9-1-1.



How Does Sentio Work?

Your Sentio experience begins with a short online self-assessment. The information you input in the assessment leads to a recommended care path for your needs. The care path is customized by offering various treatment goals that you may choose from and work towards based on your needs and interest. Sentio guides you towards appropriate iCBT modules and exercises based on the goal(s) you choose.

Every two weeks you'll be directed to complete an assessment to provide insights on your progress.

What Can You Expect from the Sentio Experience?

Sentio is designed to be an interactive and engaging platform that offers you psychoeducational modules that are interesting, informative, visually stimulating and apply to your situation. The modules are paired with activities and exercises to help you learn new skills and apply them in everyday situations. The interactive tools offered in this digital platform include video and audio, as well as journaling and symptom tracking.

Your Information is Secure

Any use of homeweb.ca is private and confidential, in compliance with federal Personal Information Protection and Electronic Documents Act (PIPEDA) and provincial legislations. Homewood Health will not disclose or release your information without your knowledge and permission.

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