

# FeelingBetterNow®

## Try Our New Easy Access and We'll Donate to Charity!

We have made it easier to access the FeelingBetterNow® online mental health assessment test, plus there is an added incentive. Be one of the next 2,000 OTIP members to complete the FeelingBetterNow® assessment and we will make a \$5 donation to the charity of your choice from the following participants:



Canadian Cancer Society / Société canadienne du cancer



HEART & STROKE FOUNDATION



FREE THE CHILDREN  
children helping children through education

All you have to do is go to [www.feelingbetternow.com/otip](http://www.feelingbetternow.com/otip) and follow the simple instructions.

This completely anonymous assessment will take 10 to 20 minutes to complete and will provide immediate results. Take charge of your mental health and take time to start FeelingBetterNow®.

**Powerful, medically approved tools for you and your doctor.**



OTIP RAEO®

This program is offered as part of your OTIP long term disability benefits plan.

feelingbetter  
now.com