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## Members Right to Not Participate in AbilitiCBT Program of Canada Life

The Union is aware that Canada Life case managers are trying to convince our members who are in the Short Term Disability (STD) process, to participate in their AbilitiCBT program. This is an online Cognitive Behavioral therapy program through LifeWorks that is being pushed by Canada Life onto our members.

Many members have reported that they feel like they have to participate in this program and felt pressure to do so.

The Union has spoken to Canada Post about this program. We had many questions and concerns regarding where this program came from and how it effects the members. Canada Post informed us that the services are optional (voluntary), and withdrawing will not affect their benefits, coverage, or disability claim. However, employees will be expected to follow any treatment plans recommended by their doctor.

Canada Life case managers will offer you this service if you go off on Short Term Disability (STDP) and we would like to emphasize this program is VOLUNTARY.

If you are informed differently, please advise your local and/or region.

In solidarity,

Rona Eckert  
National Union Representative  
Consultation

c.c. National Executive Committee  
Regional Executive Committees  
National and Regional Union Representatives

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