




HOW TO SIGN UP

The Starling Program is an online mental health and wellness tool that helps you assess, monitor and improve your mental wellbeing. As a member of QPAT-APEC, it's available to you to use anywhere and anytime you want, for free.

Starling is and will always be 100% confidential. This is how you get started.

1. Find out your Insurance Alliance certificate number

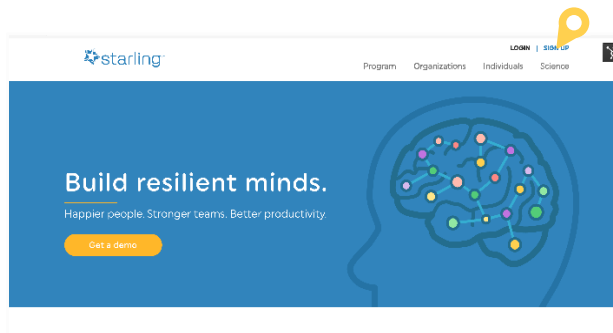
You need your Insurance Alliance Certificate number to sign up to the Starling program. You can find the Certificate number on the front side of your Insurance Alliance card. If you have lost your insurance card, please contact your school board to get a new one.

Use of this card authorizes my employer or the policyholder, the insurer Industrial Alliance Insurance and Financial Services Inc. (including its affiliates, reinsurers and any person/organization performing services on its behalf) and any person/organization (includes health care practitioners, institutions, and insurers) who has relevant personal information about me or my dependents, to exchange information concerning patient safety or for the purposes of group policy administration and management.			
Customer Service (514) 499-3800 1-877-422-6487 ia.ca	Emergency Out of Province Assistance Assistance en cas d'urgence hors province In Canada and the USA Au Canada et aux États-Unis 1 800 203-9024	In other countries, call collect Autres pays, appelez à frais virés 514 499-3747	LAST NAME FIRST NAME Member Name Dentist Insurer No: XX Pharmacist Insurer No: XX
		XXXXX Group Policy No. XXXXXXXXXX Certificate No. 	
UNAUTHORIZED USE OF THIS CARD CONSTITUTES FRAUD		 GROUP INSURANCE	

2.

Sign up to Starling

1. Go to starlingminds.com and click SIGN UP.



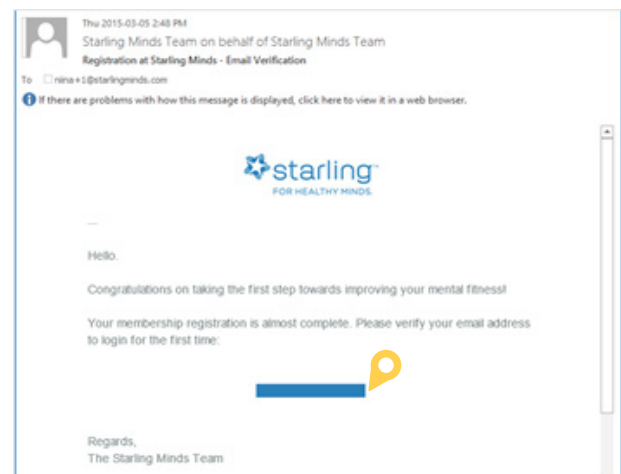
2. Fill in your name, e-mail address and password.

3. Select Quebec Provincial Association of Teachers as your organization. Fill in the last four digits of your Insurance Alliance certificate number.

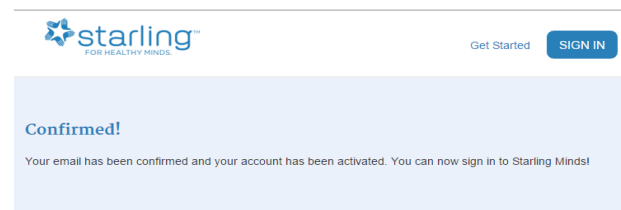
Accept the Terms of Use and click Get Started.

4. Confirm your email address by clicking the link in the email we send you.

(Remember to check the spam folder.)



5. The link takes you back to the Starling program. Your registration is now confirmed.



6. Sign in by using your e-mail and password.