



Work, health and life services.

We understand that it takes more than just therapy to live and feel your best.

GreenShield Health provides an Employee Assistance Program (EAP) that grants you access to a range of services related to work, health, and life, to help overcome various challenges throughout your journey.



Work, health and life services.

In just a few clicks, our platform helps connect you with trained professionals including registered nurses, nutritionists, financial coaches and more to help you achieve your goals.



Work and Career

Our career consultants are ready to help you take your career to the next level.

- Professional development
- Career transitions
- Workplace stress or conflict
- Adapting to a changing workforce



Health and Nutrition

The mind and body are connected. Our dietitians and healthcare providers are here to help you feel your best.

- Nutrition advice
- Illness and disease management
- Smoking cessation
- Weight management
- Preventative health and well-being support



Legal and Financial

Get professional financial and legal advice to empower you to make the right decisions.

- Budgeting, investing, and retirement planning
- Credit management, and mortgage planning and taxes
- Family conflict
- Wills and estate planning
- Criminal matters
- Consumer concerns and property law



Life Transitions

We all experience change. Get support through it all with our health team.

- Becoming a new parent, and navigating childcare
- Family planning
- Eldercare support
- Relationships
- Moving homes
- Parenting kids and teens

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GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which houses health services and benefits administration businesses, including Green Shield Health Inc. and Green Shield Administration Inc.

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greenshield.ca

