

# Your journey to healthier living is just a few clicks away.



Get the right care. Without the wait. Anytime, anywhere.

**The Employee Assistance Program (EAP) from GreenShield Health is here to help you and your dependents with comprehensive and personalized support from our diverse network of care providers.**

Our extensive services include mental health support for individuals, couples and children, a holistic Well-being platform, an easy-to-use, needs-based Care Navigation tool, and much more.

Access a wide range of treatment options tailored to your mental health and life goals through GreenShield+.



Sign in to your GreenShield+ account to access all your services. [greenshield.ca](https://greenshield.ca)





# How to Access Individual, Couples and Children's Mental Health Support

Confidential in-person or virtual therapy and mental health support for you and your family from wherever you are. We match you with a qualified therapist, whenever you need to talk.



## Counselling

### Individual Counselling

Access one-to-one therapy sessions with a therapist based on the results of our matching questionnaire.

### Couples Counselling

Book couples therapy sessions with a therapist who specializes in relationships.



## Children's Mental Health Support

Created for children aged 5+, our unique game-based program teaches age-appropriate coping skills and Cognitive Behavioural Therapy (CBT) principles. In partnership with Mightier, this fun children's program blends digital gaming with off-screen activities to reinforce learning through play.

### How to register on GreenShield+:

1. Scan the QR code below or go to [greenshieldplus.ca](https://greenshieldplus.ca)
2. Sign in to your GreenShield+ account
3. Follow the instructions



Having trouble? Get answers to your questions using Care Navigation within GreenShield+.



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# How to Access Work, Health and Life Services

It takes more than just therapy to live and stay well.



Our registered nurses, dietitians, coaches, and trained professionals are here to help you navigate all aspects of life and achieve your goals. Our program includes access to:

## Work and Career

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

## Health and Nutrition

- The mind and body are connected. Our dietitians and healthcare providers are here to help you reach your health goals
- In partnership with RxFood, our virtual program offers personalized assessments and coaching from healthcare professionals committed to helping you build lasting healthy eating habits

## Legal and Financial

- Get professional financial and legal guidance to empower you to make the right decisions

## Life Transition

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

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# How to Access the Well-being Program

What does well-being look like for you?



**Our comprehensive program includes tools and resources to help you navigate your unique care needs.**

## The program offers:

- A Well-being questionnaire to help you identify and evaluate potential health risks
- Personalized content such as reminders, health strategies, and care plans
- Access to a diverse library of thousands of engaging and educational micro-course, quizzes, and activities
- Wearable data collection through synced devices for easier tracking and greater accuracy

## How to access the program:

1. Scan the QR code below or go to **greenshieldplus.ca**
2. Sign in to your GreenShield+ account
3. Select **Well-being** from your dashboard
4. Follow the instructions



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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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