

# Life can be challenging to navigate.



Finding the right support doesn't need to be.

Get personalized and convenient support for healthier living with our Employee Assistance Program (EAP) from GreenShield Health.



## Mental Health Services

Confidential in-person or virtual counselling 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.



## Work, Health and Life Services

We know 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 personal goals.



## Well-being

Tailored to your personal health journey, our integrated Well-being platform provides a holistic view of your health goals. It keeps you on track with personalized reminders, interactive content, and micro-courses for more in-depth learning.



## Care Navigation

Care Navigation makes it easy to find and access services and resources based on your unique care needs. It provides personalized recommendations that align with your coverage, allowing you to make timely, informed health decisions.



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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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