

<i>Extended Health Care (insured by Green Shield Canada)</i>		
ALAViDA	ALAViDA gives plan members the privacy to engage in substance use management shame- and stigma-free, without interruption to work.	Fee for Service
Change4Life	Change4Life® portal offers plan members the ability to win prizes for logging activities, signing up for reminders, and participating in courses to improve their health.	Embedded
Cross the Line	Cross the Line provides personal training with diverse coaches and a user-friendly app to help motivate to meet fitness goals.	Fee for Service
Daily Burn	Daily Burn offers thousands of workouts on-demand and provides personal fitness guidance, encouragement, and motivation to help those from all levels and lifestyles achieve everyday victories.	Embedded
GenXys Pharmacogenetic Testing and Counselling	GenXys Pharmacogenetic Testing and Counselling offers personalized and optimized medication options, integrating pharmacogenetic data and health information with the best clinical evidence and guidelines available.	Fee for service
Manage My Pain	Manage My Pain has helped thousands of people with conditions like fibromyalgia, migraines, arthritis, or back pain better understand their symptoms and provide evidence of their pain for their doctors, insurance companies, or government agencies.	Embedded
Maple	Maple allows plan members, and their eligible dependents, to connect with a Canadian-licensed doctor for medical care within minutes, from a phone, tablet, or computer – any time, 24/7/365.	Fee for service
MindBeacon	MindBeacon Therapist Guided Program provides personalized cognitive behavioural therapy, anytime, anywhere.	Fee for service
Phzio	Phzio offers plan members the ability to meet with and complete their physiotherapy treatment program online on any digital device.	Fee for service
PocketPills / Costco	PocketPills / Costco preferred pricing offers plan members \$5.00 off per prescription if they have a co-insurance or a per prescription deductible.	Embedded
Tranquility by Inkblot	Tranquility by Inkblot: This innovative program includes digital cognitive behavioural therapy lessons, skill-based exercises and guided-support programs proven to help users reduce and manage symptoms of anxiety, depression, and other mental health concerns.	Fee for service
<i>Dental Insurance (insured by Green Shield Canada)</i>		
Smile Direct Club	Smile Direct Club allows plan members to receive virtual orthodontic treatment from a licensed dentist or orthodontist from the comfort of home.	Fee for Service

