

BENEFITS *BY DESIGN*

GreenShield Value adds



OFFERING	SUMMARY	COVERAGE OPTIONS
<i>Extended health care (insured by GreenShield)</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
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
KITS	A leading Canadian eyewear e-retailer that offers glasses and contact lenses at affordable prices. It's eyewear shopping from the comfort of home! Just browse and select options from a laptop, phone, or tablet, with delivery right to your door.	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
Telemedicine	Plan members and their eligible dependents can 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
Phzio	Phzio offers plan members the ability to meet with and complete their physiotherapy treatment program online on any digital device.	Fee for service
Preferred Pharmacies (Costco, Health Depot, and PocketPills)	Access multiple preferred pharmacy solutions, offering additional savings through preferred pricing and lower prescription deductibles and dispensing fees.	Embedded
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.	\$75 for self-guided and \$325 for coach assisted, both covered under Mental Health Parameds