

ONLINE HEALTH SERVICES

Available through Green Shield Canada (GSC)
and Benefits by Design (BBD) Inc.



BEACON is an effective, easy-to-access way to receive personalized guided cognitive behavioural therapy (CBT) from a mental health professional. It's a fully digital program, with no face-to-face appointments to schedule and get to, so therapy happens anywhere and anytime that's comfortable for the plan member. A reduced rate is offered to GSC plan members and may be fully or partially covered within BBD benefit plans.

Here's how it works:

The one-time \$500 cost includes:

- An in-depth personal assessment, so care can be tailored to the plan member.
- A BEACON therapist will carefully review the assessment results and get them started.
The therapist guides their therapy, understanding the participant's needs, and ensuring their improvement.
- Unlimited messaging with their BEACON therapist for up to 12 weeks and access to their online resources for a full year.

Optionally, for \$300.00 more, a clinical psychologist will review the results of the assessment and schedule a real-time telephone interview to provide a diagnosis. The clinical diagnosis can be shared with their primary health care provider if the participant chooses to do so. This is an optional add-on to the core BEACON program.

Get started with BEACON at: www.mindbeacon.com/gsc-pmember

COACH IVAN



Coach Ivan is a free digital exercise coach who works with plan members to build a personalized plan to get them moving more often. Getting active has a ton of health benefits and can help plan members prevent chronic diseases like depression, hypertension, and diabetes.

Coach Ivan offers personalized suggestions to bring more activity into a plan members' daily life without drastic changes to their lifestyle or costing a lot of money.

The program is very basic, designed for those who are doing either a little activity, or none at all.

Get started with Coach Ivan at:

<https://www.greenshield.ca/en-ca/health-and-wellbeing-tools>

Some things to keep in mind:

Not all of these services may be offered under a benefits plan. Regular maximums, co-payments, and/or deductibles may apply to these services. To confirm coverage, refer to the benefits booklet.

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The logo for Maple, featuring the word "maple" in a lowercase, serif font.

While reimbursement is not included in BBD benefit plans, Maple, in partnership with GSC, offers telemedicine service to BBD and GSC plan members at a reduced out-of-pocket rate. Through Maple, plan members can instantly connect with a Canadian-licensed doctor for medical care from their phone, tablet, or computer – anytime, 24/7/365.

Here's how it works:

- Access the service and speak with a medical doctor, who can diagnose, provide prescriptions, medical notes, or lab requisitions as necessary during their online consultation.
- If a plan includes a Health Care Spending Account (HCSA), plan members can submit the cost to their HCSA for reimbursement.

To register, and view the discounted pricing options, visit:

www.getmaple.ca/greenshield

For residents of British Columbia who have coverage under MSP, Maple is available as an option at no charge.

Phzio provides virtual access to a physiotherapist to assess and treat an injury or condition – at a reduced rate compared to in-person visits. The techniques and therapeutic movements are the same as a physiotherapist would perform in a clinical environment, complete from the comfort of the plan member's home.

Here's how it works:

- An entry triage assessment by a licensed Physiotherapy Assistant. If the injury requires an in-clinic visit, the initial cost is waived.
- Development of a customized treatment program by a Physiotherapist.
- Follow-up visits include check-ins on exercise progression, and modifications to treatment plans by the Physiotherapist.

Book an online assessment at: **<http://phzio.com/bbd>**

Some things to keep in mind:

Not all of these services may be offered under a benefits plan. Regular maximums, co-payments, and/or deductibles may apply to these services. To confirm coverage, refer to the benefits booklet.

The logo for Phzio, featuring a blue cross icon followed by the word "Phzio" in a sans-serif font.

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SmileDirectClub, in partnership with GSC, is offering virtual orthodontic care delivered by a licensed dentist. This virtual option greatly reduces financial and geographical barriers and is available at a significantly lower cost than in-person treatment.

Where patients qualify for virtual treatment (not all orthodontic cases will be eligible), licensed dentists will create the treatment plans and follow the patient's progress along the way, just as they do for in-person treatment.

For plans that do not include orthodontic coverage, plan members will get the same access to a preferred GSC discount for the virtual orthodontics product to reduce their out-of-pocket cost.

Some things to keep in mind:

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