

Well-being looks different for everyone.



Get personalized support for your unique health journey.



The Well-being program available in GreenShield+ offers a holistic approach to healthy living, empowering you and your dependents with personalized strategies and care plans designed to help you meet your unique health goals.



Sign in to your GreenShield+ account
to access all your services.

greenshield.ca

Organization Code:SPSD





How to Access the Well-being Program

This program is completely confidential, voluntary, and accessible whenever you need it.



We know there are many factors that contribute to a healthy, fulfilling life. That's why we take a holistic approach to healthy living, offering an integrated space with resources and support on a wide range of topics, including mental well-being, physical fitness, preventive healthcare, and lifestyle choices.

Our Well-being program features personalized reminders, interactive content and motivational, easily trackable data targeted to your health goals.

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



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



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A holistic approach to wellness.

Helping you to achieve your health goals.



Our comprehensive program includes a wide range of tools and resources to help you navigate your unique care needs.

This program includes:

- A Well-being Questionnaire used to identify and highlight areas of focus to help meet your health goals
- Continuous engagement through personalized daily, weekly, and monthly reminders
- A diverse library with thousands of engaging and educational mini-course, quizzes, and activities
- Wearable data collection through synced devices for easier tracking and greater accuracy



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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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