

Overview of your covered services

Mental Health and Wellbeing Support



Overview

Connect with counsellors for support with depression, self-esteem, anxiety, work stress, grief and loss, and a variety of other topics. This program is completely confidential, voluntary, and accessible whenever you need it. Choose your counsellor based on clinical fit, cultural background, language, therapy approach, and more. Registered nurses, dietitians, coaches and trained experts are also here to help you navigate all aspects of life and achieve your personal goals. This includes getting access to career advice, health coaching, support with transitions like pregnancy, help navigating legal issues, financial coaching and more!

How to register

1. Scan the QR code below or type the URL into your browser.
2. Select **Health Services Only** and enter the email you'd like to use.
3. Enter your **Organization Code** followed by your **Plan Member ID** to register for your GMS Care Network account.
4. Once registered, select **Mental Health** from your GMS Care Network dashboard in order to access the service.

If you have an iOS or Android device, you can download the GMS Care Network application. GMS Care Network is available via any modern web browser.

Need support?

If you have an iOS or Android device, you can download the GMS Care Network application. GMS Care Network is available via any modern web browser.



Log into your GMS Care Network account to access all your services.

app.gmscarenetwork.ca

Organization Code:

Mental Health and Wellbeing Support

Mental Health Counselling

With our personalized matching algorithm, find the right care provider for your unique needs and preferences.

- ✓ Individual counselling
- ✓ Couples counselling
- ✓ Connect with counsellors via video chat, audio or in person

Children's Mental Health Program

Children can access Mightier, a clinically validated, game-based program that helps kids understand emotions and build coping skills through play.

- ✓ Educational resources and support for Caregivers
- ✓ Explore emotions together with offline crafts and activities
- ✓ Kids use a heart rate sensor to build calming skills while playing biofeedback games.

Life Transitions

We all experience change. Get support through it all with the health team at GMS Care Network.

- ✓ Becoming a new parent, and navigating childcare
- ✓ Family planning
- ✓ Eldercare support
- ✓ Relationships
- ✓ Moving homes

Health

The mind and body are connected. Our dietitians and health experts are here to help you feel your best.

- ✓ Illness and disease management
- ✓ Smoking cessation
- ✓ Weight management
- ✓ Preventative health and well-being support

Work and Career

Our career consultants are ready to help you take your career to the next level.

- ✓ Professional development
- ✓ Career transitions
- ✓ Workplace stress or conflict
- ✓ Adapting to a changing workforce

Legal and Financial

Get professional financial and legal advice to empower you to make the right decisions. You may reach out for legal and financial assistance as often as required.

- ✓ Budgeting, investing, and retirement planning
- ✓ Credit management, and mortgage planning and taxes
- ✓ Family conflict
- ✓ Wills and estate planning
- ✓ Criminal matters
- ✓ Consumer concerns and property law

Personalized Nutrition

Whether you're focused on overall wellness or have specific health goals, our tailored pathways help you to meet your needs.

- ✓ Nurse assessment and care recommendations
- ✓ 3 hours with a nutrition professional
- ✓ Access to an AI-driven nutrition platform to assess your nutrition
- ✓ Access to personalized education and insights

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Telemedicine



Overview

Speak with a Canadian-licensed general practitioner by pressing Get Care to request a consultation. Enter your symptoms and connect in minutes with a general practitioner via secure messaging, audio, or video chat. Receive medical advice, prescriptions, and more.

How to register

1. Scan the QR code below or type the URL into your browser.
2. Select **Health Services Only** and enter the email you'd like to use as your sign-in ID.
3. Enter your **Organization Code** followed by your **Plan Member ID** to register for your GMS Care Network account.
4. Once registered, select **Telemedicine** from your GMS Care Network dashboard in order to access the service.

If you have an iOS or Android device, you can download the GMS Care Network application. GMS Care Network is available via any modern web browser.

Want to add your family members?

Visit the patient profiles tab, and create a profile for your eligible dependant.

Need support?

Speak with Maple's customer support team via live chat on the Maple site or application.



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Organization Code:

Virtual Primary Care and Pharmacy

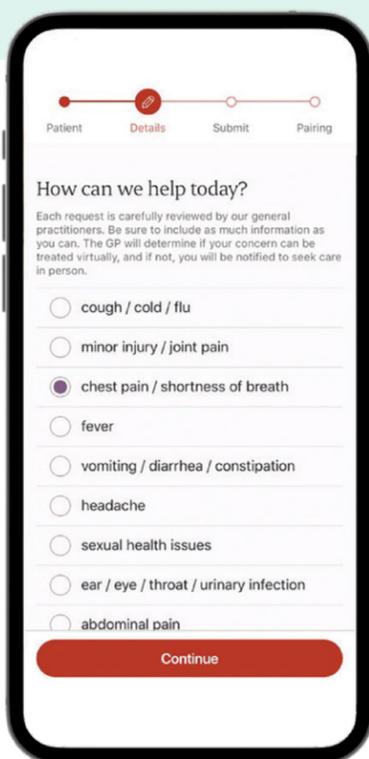
Overview

Get convenient, personalized care from our team of general practitioners.

- ✓ Direct access to unlimited general practitioner visits each year for you and your eligible dependants
- ✓ Chat with general practitioners online, available 7am to midnight, seven days a week within minutes
- ✓ Connect via your phone, tablet, or computer, with care available 24/7/365
- ✓ Speak with a Pharmacist from the comfort and privacy of your home. Fast, free delivery of all of your medications and health essentials anywhere in Canada
- ✓ Receive medical advice, digital prescriptions, lab requisitions, diagnostic imaging requests, and specialist referrals at the discretion of the provider

Accessing care is as easy as 1-2-3

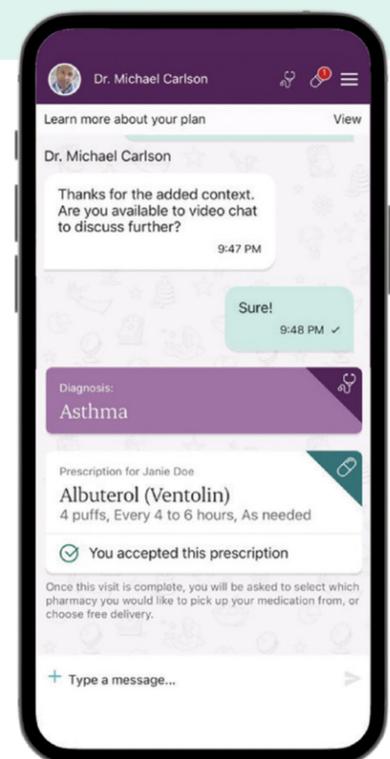
1 Tap **Get Care** and enter your symptoms



2 Connect with a general practitioner



3 Receive advice, prescriptions, and more



Log into your **GMS Care Network** account to access all your services.

app.gmscarenetwork.ca

Organization Code: