

Quality care at your fingertips

Get convenient, personalized support from our team of therapists, nurses, general practitioners, financial coaches and more.



Mental Health and Wellbeing Support

- ✓ Access individual and couples confidential virtual therapy by video, phone or in-person
- ✓ Children's Mental Health Program
- ✓ Access Work, Personalized Nutrition, Health, and Life Services (support for legal matters, financial planning, career, and life transitions)
- ✓ Get crisis support 24/7/365 at 1-866-798-6793

Telemedicine

- ✓ See Canadian-licensed general practitioners in minutes, 24/7/365
- ✓ Receive medical advice, digital prescriptions, and more
- ✓ Own and manage your comprehensive health record
- ✓ Online Pharmacy and Health Depot



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

app.gmscarenetwork.ca

Organization Code: