

## 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, dieticians, 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 **Dependant Health Services** and enter the email you'd like to use.
3. Enter your **Organization Code** to register for your GMS Care Network account.
4. Once registered, select 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?

Speak with the customer care team via email at [support@inkblottherapy.com](mailto:support@inkblottherapy.com) or call **1-866-798-6793** for general questions or crisis support.



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

[app.gmscarenetwork.ca](http://app.gmscarenetwork.ca)

Organization Code:

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# Counselling and Coaching Services

## Mental Health Counselling

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

## 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.

## Health

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

## Work and Career

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

## Life Transitions

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

- Individual counselling
- Couples counselling
- Connect with counsellors via video chat, audio or in person
  
- 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
  
- Illness and disease management
- Smoking cessation
- Preventative health and well-being support
  
- Professional development
- Career transitions
- Workplace stress or conflict
- Adapting to a changing workforce
  
- Becoming a new parent, and navigating childcare
- Family planning
- Eldercare support
- Relationships
- Moving homes
- Parenting kids and teens



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# Counselling and Coaching Services

## Children's Mental Health Program

Through GMS Care Network, children can access Mightier, a clinically validated, game-based program that helps kids understand emotions and build coping skills through play.

## Personalized Nutrition

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

## Online Pharmacy & Health Depot

Order your prescriptions online and have eligible prescriptions processed using your pay-direct card. You can also purchase a wide range of over-the-counter items\*, including supplements and non-prescription health products.

*\*Over-the-counter items are not covered.*

- Caregivers access educational resources, data and program support
  - Families explore emotions together with offline crafts and activities.
  - Children wear a heart rate sensor, and practice calming strategies while playing biofeedback games.
- 
- Nurse assessment and care recommendations
  - 3 hours with a nutrition professional
  - Access to an AI-driven nutrition platform for nutrition assessment
  - Access to personalized education and insights
- 
- Speak with a pharmacist from the comfort and privacy of your home.
  - Access tools for caregivers and chronic disease management all in one place
  - Fast, free delivery of all of your medications and health essentials anywhere in Canada



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Overview of your covered services

# 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 Dependant Health Services and enter the email you'd like to use.
3. Enter your Organization Code 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.

## Need support?

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



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# Virtual Primary Care

- 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
- Seek care for common infections, skin issues, cough/cold/flu symptoms, headaches and more
- 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

Press **Get Care** and enter your symptoms

Progress bar: Patient (selected), Details, Submit, Pairing

How can we help today?

Each request is carefully reviewed by our general practitioners. Be sure to include as much information as you can. The GP will determine if your concern can be treated virtually, and if not, you will be notified to seek care in person.

- cough / cold / flu
- minor injury / joint pain
- chest pain / shortness of breath
- fever
- vomiting / diarrhea / constipation
- headache
- sexual health issues
- ear / eye / throat / urinary infection
- abdominal pain

[Continue](#)

### 2

Connect with a general practitioner

Your consultation with Dr. Michael Carlson will begin shortly.

Dr. Michael Carlson

Location	Ontario
Specialties	Family Medicine
Education	University of Toronto
Experience	16

Bio

Dr. Michael Carlson is a family and emergency physician with more than 15 years of experience practicing primary care and hospital based medicine. He received his Doctor of Medicine from the University of Toronto and is now a lecturer at the Faculty of Medicine.

### 3

Receive advice, prescriptions and more

Dr. Michael Carlson

Learn more about your plan [View](#)

Dr. Michael Carlson

Thanks for the added context. Are you available to video chat to discuss further?

9:47 PM

Sure!

9:48 PM ✓

Diagnosis: Asthma

Prescription for Janie Doe

**Albuterol (Ventolin)**  
4 puffs, Every 4 to 6 hours, As needed

You accepted this prescription

Once this visit is complete, you will be asked to select which pharmacy you would like to pick up your medication from, or choose free delivery.

+ Type a message...

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