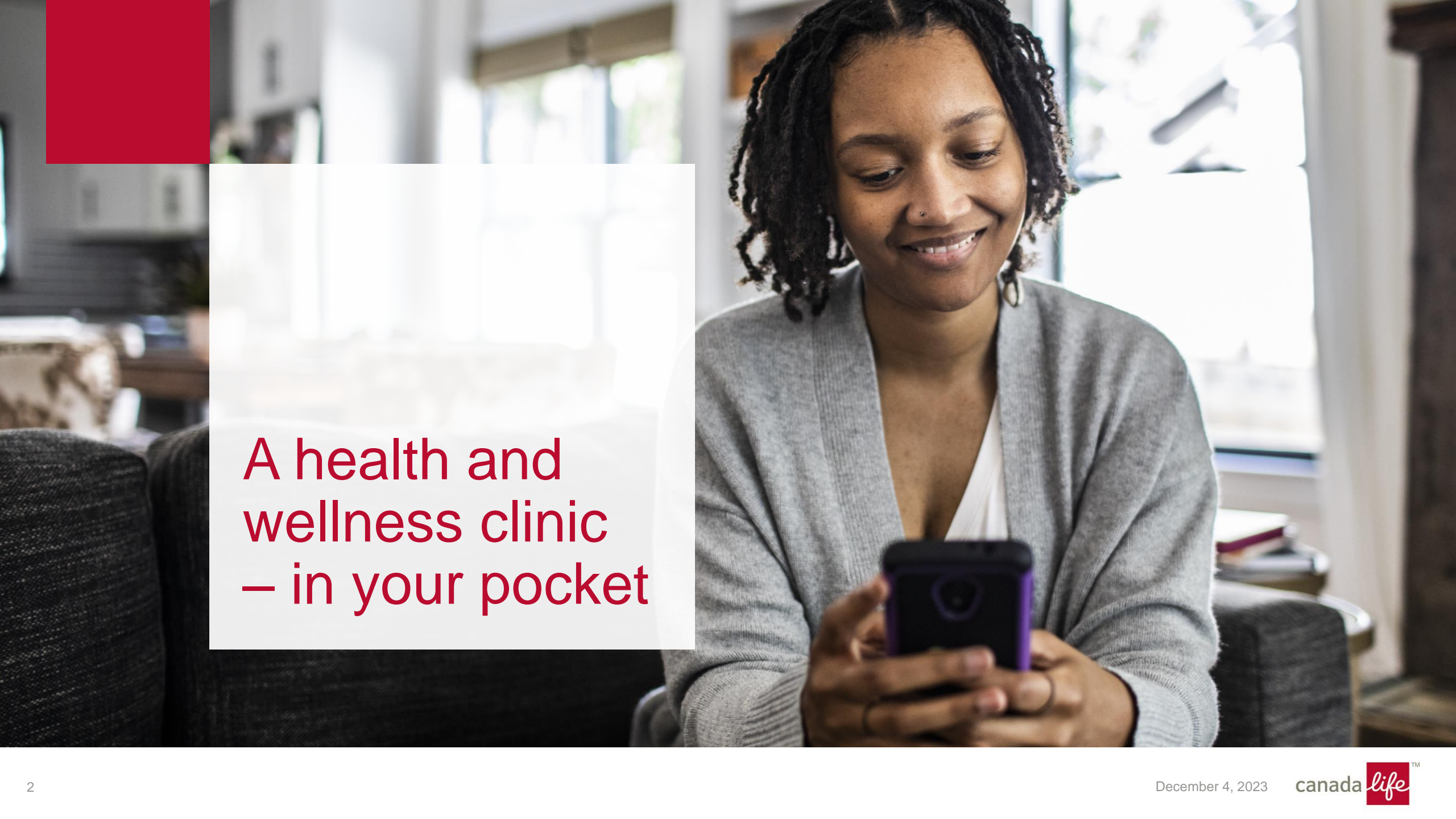


A woman with curly hair is holding a young child who is laughing heartily. The woman is wearing a pink shirt and a grey cardigan. The child is wearing a black and white checkered shirt. They are in a living room with a bookshelf in the background.

# LiRN

Legal Information and Resource Network





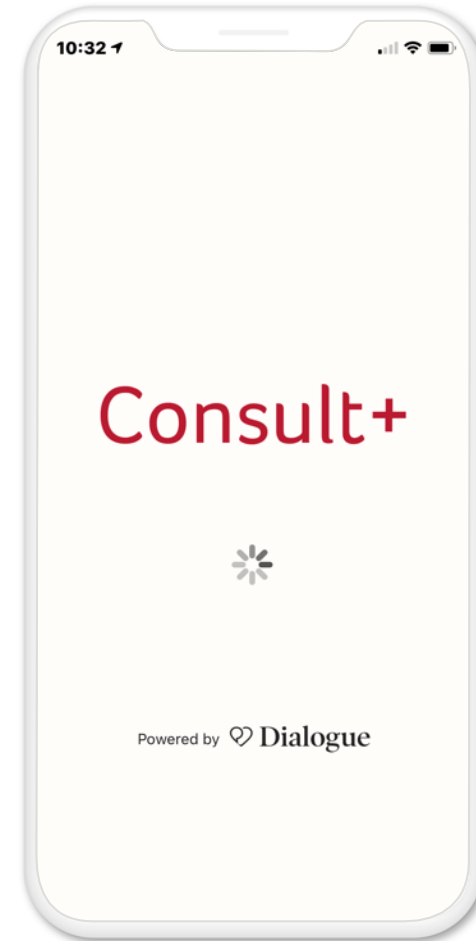
A health and wellness clinic  
– in your pocket

# Consult+

---

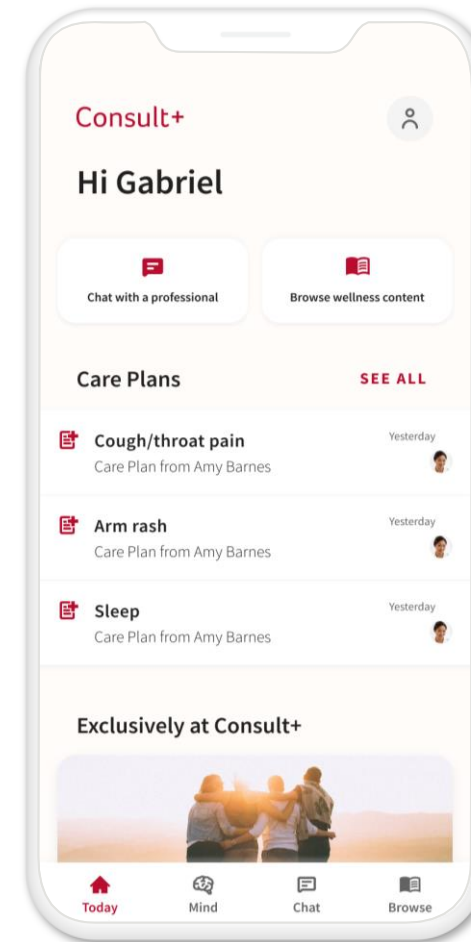
## A virtual health clinic in your pocket

- It's an app and website
- Meet with medical professionals online
- Non-urgent conditions, medical advice, prescriptions and more



# How you benefit

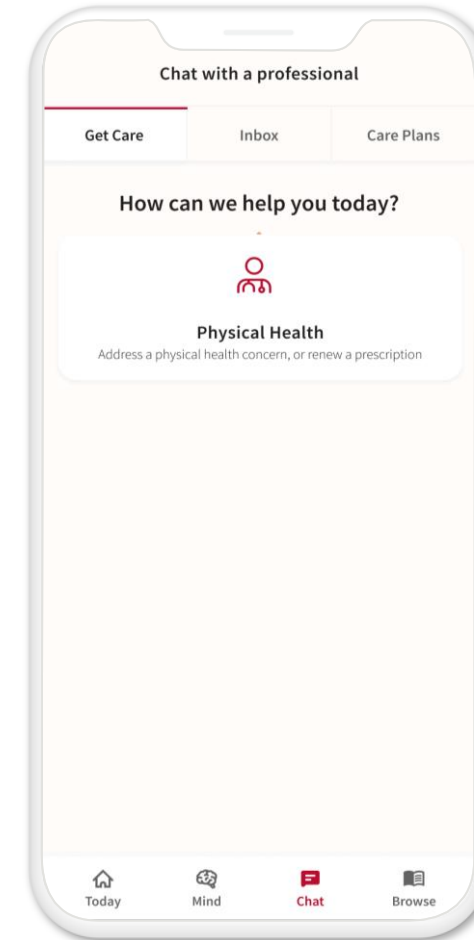
- 24/7 access to medical professionals
- Less time in clinic waiting rooms
- Help for non-urgent conditions
- Prescriptions and refills for most medications
- Requisitions for lab tests and follow-up test results, when medically needed



# What can Consult+ evaluate or treat

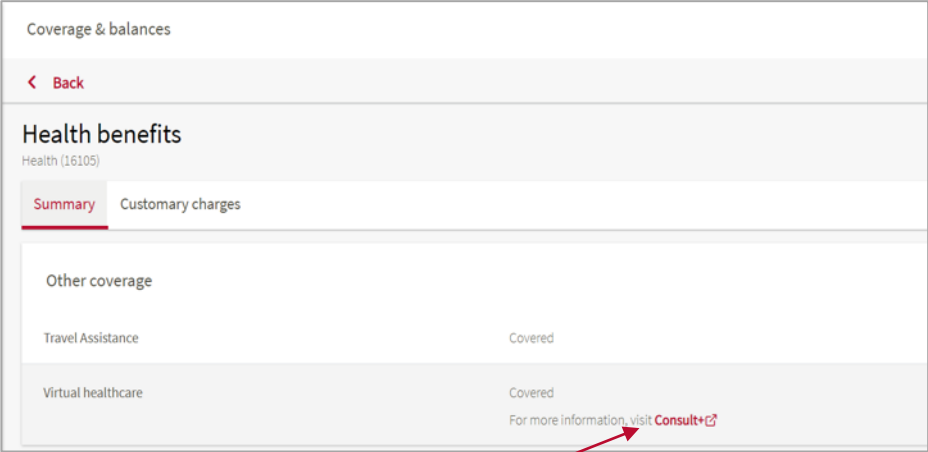
## Examples of conditions where you can use Consult+:


- Sore throat, sinusitis, rhinitis
- Eye stye, pink eye
- Asymptomatic sexually transmitted infection screening
- Uncomplicated urinary tract infections in adult women, vaginitis
- Allergies, colds, flu and nasal congestion
- Minor skin infections and inflammation, minor cuts or bites, nevus, rashes



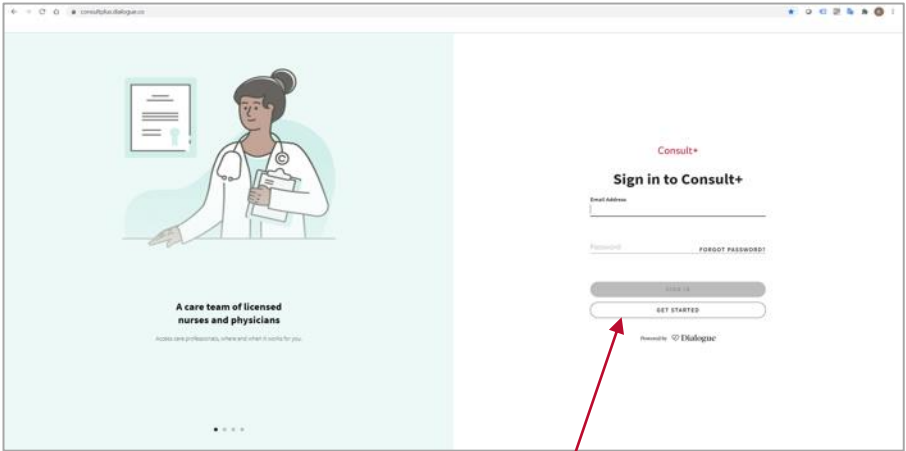
# Get started!

1 Sign in to [mycanadalifeatwork.com](https://mycanadalifeatwork.com).  
Go to Coverage & balances > Health >  
Other coverage



Consult+ 

2 Create a Consult+ account.



GET STARTED

# Consult+ – Registration Tips & Tricks

---

Your group benefits plan gives you exclusive access to Consult+™ which is a virtual health care app and website, with services provided by Dialogue.

**Here are some tips and tricks on how to create your account now – so it's ready when you need it!**

It's easy. Just sign in to [mycanadalifeatwork.com](https://mycanadalifeatwork.com), go to **Coverage & balances**, select **Health** and scroll down to **Other coverage**.

- **Very Important** You'll need your plan number and member ID so please have your benefits card handy. Your member I.D. starts with an E, a few zeros and then your actual number. When you register please do not include the E or any of the leading zeros. **Example: E000000502 should only be entered as 502**
- **Enter your name exactly how it appears on your benefits cards and/or in your profile on mycanadalifeatwork.com.** Example: if you are registered as Bobby A. Smith on mycanadalifeatwork.com, you cannot register as Bob Smith since the system will not recognize you. You will need to register as Bobby A. Smith in Consult+.
- If you are not registered on mycanadalifeatwork.com, please do so before registering for Consult+.

If you are having any issues at all please contact Canada Life at 1-800-957-9777.





# Portable Benefits





## Protect what you care about

Get extra coverage from your group benefits plan with Portable Benefits.

- **Portable life insurance**
- **Portable critical illness insurance**
- **Portable AD&D insurance**
- You can keep your coverage even if you leave the group benefits plan or the plan closes.

# Flexible group insurance that doesn't quit

	Life	Critical illness	AD&D
Who's eligible?	Member, spouse and child	Member and spouse	Member or family
Termination age	85	65	85
Minimum and maximum coverage			
Member	\$25,000-\$1,000,000	\$25,000-\$250,000	\$25,000-\$250,000
Spousal	\$25,000-\$1,000,000	\$25,000-\$250,000	40% of the member amount
Child	\$5,000-\$15,000	N/A	5% of member amount
Non-evidence maximum (member only)	<b>\$100,000 within the 31-day eligibility period</b> \$25,000 after eligibility period	\$25,000	N/A



## How can I learn more?

1. Sign in to [mycanadalifeatwork.com](https://mycanadalifeatwork.com)
2. Click the **Offers** tab
3. Click the button that says **Get a quote and apply online**
4. After reviewing your eligibility, you'll get to the coverage calculator





## How can I learn more?

Book a meeting with a health and wealth consultant by visiting <https://canlife.co/optionsforyou>

## Have questions?

Call us at 1-844-545-0085 weekdays between 8 a.m. and 6 p.m. ET.





# Teladoc medical experts



## Teladoc medical experts

Connecting plan members to world-renowned medical experts

- Available to members' parents, parents-in-law and other eligible dependants
- Terminates when your base health care ends
- Contact them at 1-877-419-2378 or [Teladoc.ca/canadalife](https://www.teladoc.ca/canadalife)



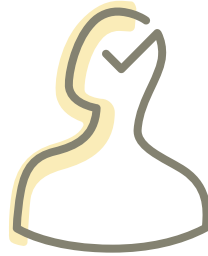
# Make health decisions with expert confidence

---



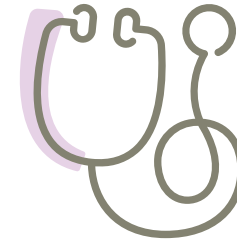
**82%**

Improved diagnoses  
in Mental Health  
Navigator cases



**88%**

Improved treatment  
in Mental Health  
Navigator cases



**87%**

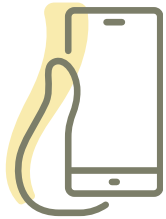
Improved treatment  
in Expert Medical  
Opinion cases

# Mental Health Navigator

---

Mental Health Navigator links members to a network of professionals who can guide them towards the help they need to improve their mental health.

Initiate



Intake



Video consult



Review



Results





# Sites and apps



# Simple and secure access to your benefits information

---

With **My Canada Life at Work** you can:

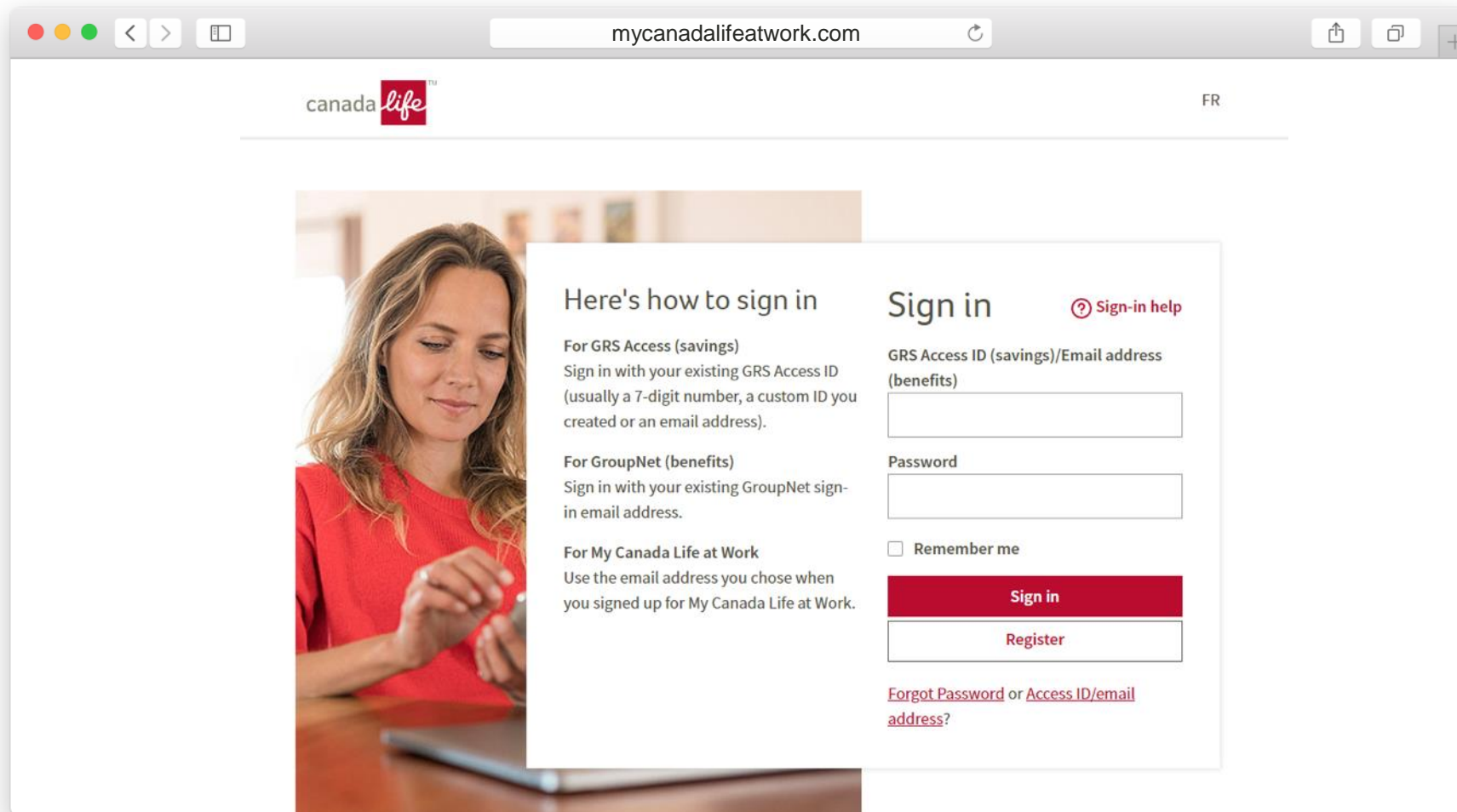
- Submit claims online
- Find information on coverage, balances and claim history
- Sign up for direct deposit
- Get text messages or email notifications when claims have been processed
- View, save and print benefit cards

## Need help?

Coverage or claims: **1-800-957-9777**

Technical support: **1-888-222-0775**

# My Canada Life at Work



mycanadalifeatwork.com

canada life™ FR

### Here's how to sign in

**For GRS Access (savings)**  
Sign in with your existing GRS Access ID (usually a 7-digit number, a custom ID you created or an email address).

**For GroupNet (benefits)**  
Sign in with your existing GroupNet sign-in email address.

**For My Canada Life at Work**  
Use the email address you chose when you signed up for My Canada Life at Work.

### Sign in [Sign-in help](#)

GRS Access ID (savings)/Email address (benefits)

Password

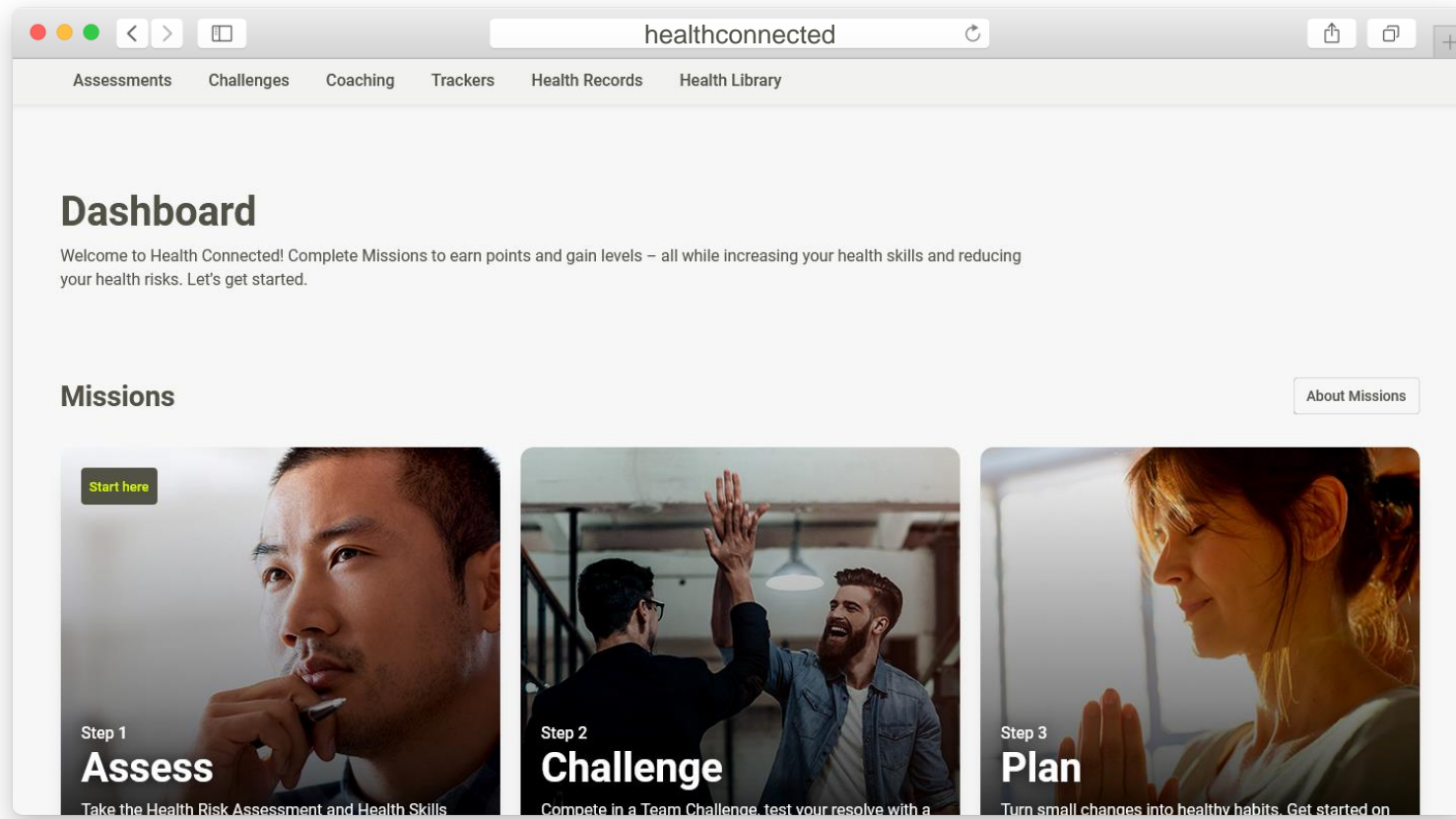
☐ Remember me

[Sign in](#)

[Register](#)

[Forgot Password](#) or [Access ID/email address?](#)

# Health Connected



- An expanded, mobile-friendly offering
- Health assessments
- Digital health coach
- Team and solo challenges
- Works with top fitness apps



# Workplace Strategies for Mental Health

---

Workplace Strategies offers practical and evidence-based resources to help you:

- Develop strategies that support mental well-being for everyone at work
- Address issues like bullying, performance management, grief and conflict

Resources available at no cost to all Canadians

[workplacestrategiesformentalhealth.com](https://workplacestrategiesformentalhealth.com)



# Benefits at your fingertips

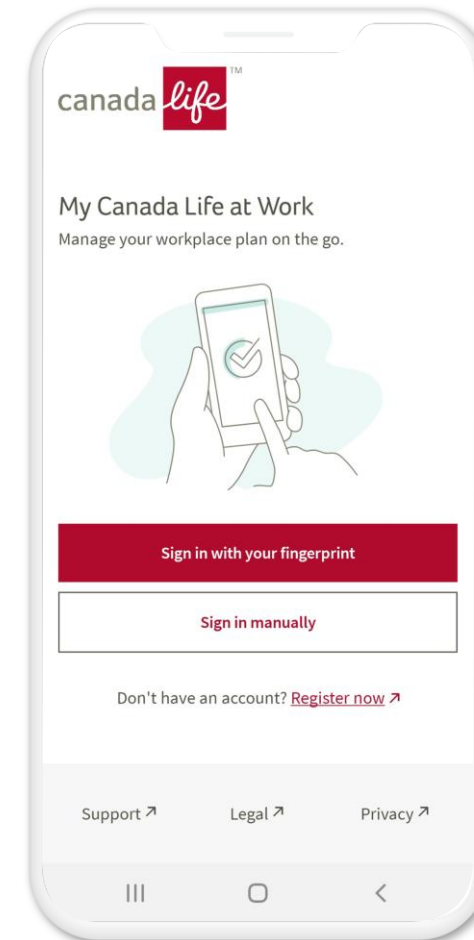
**Get flexibility in how and where you access your group benefits plan with the My Canada Life at Work app.**

## The new app:

- Offers an intuitive experience, with the same look and feel as the website.
- Makes submitting claims easier and quicker than ever
- Easy access to benefit cards on the go



Search for My Canada Life at Work in the app store.



# Keep us in the loop

---

- Contact your plan administrator within 31 days of a life event like marriage, birth of a child, loss of spouse, etc.
- At any time, log onto [My Canada Life at Work](#) to update your personal and banking information







Thank you