



Health
Plus™

Wellness Resources

We know there is more to good health than dental check-ups and visiting your doctor when you're sick. There are times we need information, advice or support to cope with work, life or health challenges. That's why all Health Plus plans now include three Wellness Resources, at no extra cost to you. Services from specialized professionals in family counselling, stress management, health and fitness coaching, human resources and much more, plus online resources to help you and your business thrive.

Although these services are usually reserved for employees in large group plans, we believe you should have access to the same benefits no matter where you work. As a Health Plus client, the Wellness Resources are available for you to use whenever you need them, no claims required.

To see what's included and how to access your Health Plus Wellness Resources, read on.



Confidential
Counselling



Personalized
Prescribing



Custom
HR Advice

Confidential Counselling

Personal, private support and resources through the Shepell Employee & Family Assistance Plan (EFAP). Counselling and online articles and programs from experts on work, health, and life challenges.

What's Included

- Professional Counselling - for problems with addiction, anxiety, relationships and more. From experienced Masters level clinicians.
- Financial & Legal Support - advice on divorce, landlord and tenant issues, debt, estate planning.
**Not available for work/employer issues, immigration, or tax law.*
- Family Support - for example, help finding child or senior care, relationship and new parenting programs
- Career Counselling - stress reduction, coping strategies, and career planning
- Nutrition Support & Health Coaching - virtual fitness, healthy eating, weight loss, smoking cessation, advice from an RN on other physical health issues

WHAT IS AN EFAP?

An Employee Family Assistance Plan (EFAP) is a voluntary, professional, completely confidential support program. Much more than employee counselling, resources and assistance from accredited experts focus on finding solutions to a wide range of life's challenges.

How to access:



By Phone

1-844-880-9137

Speak directly to a Client Care Representative at the Shepell Care Access Centre 24/7. Multiple languages.



Online Resources & E-Counselling

workhealthlife.com

Explore the resource library, online programs or register to e-chat with a counsellor

Register Online

1

Visit workhealthlife.com to get started. Enter *Health Plus* in the "Search for your organization" field. In the drop down, select *Beneplan EFAP*. You can browse the available services or continue to register for full access.

2

To Register, click the link in the top right hand corner of your screen. The organization field should already show *Beneplan EFAP*. If not, enter *Health Plus* and select *Beneplan EFAP*. You should be redirected to a sign-up form.

3

Complete the sign-up form with your name and email, and create a password. (Note: skip the check box "Roles that apply to you". This does not apply for Health Plus clients.) Click submit. You are now ready to start using your EFAP benefits.

Personalized Prescribing

We are all genetically unique and so is the way we react to medications. Unexpected side effects, allergic reactions or poor response to a drug can interfere with the intended positive health impact. While doctors prescribe to the best of their ability, the missing piece of the puzzle is our DNA.

Personalized Prescribing works by identifying your unique genetic differences to predict the medications that would be most effective with the least side effects for you. To be eligible, you must currently be taking a prescription medication on the testing list that's causing you concern, or have just been prescribed one.

What's Included

- 900+ brand name medications on the testing list
- Testing in a state-of-the-art Canadian genetics lab
- Clinically validated recommendations from a leading pharmacogenetics expert
- Custom report sent to you and your doctor

How to access:



By Phone

1-844-943-0210



Website

personalizedprescribing.com

**Note: Do not order your testing kit online. Order by phone to receive your kit as a Health Plus benefit at no cost to you.*

Order Your Kit

1

Call Personalized Prescribing Inc. at 1-844-943-0210 to speak directly to a specialist to order your DNA kit. Have the name of your medication and doctor's information handy. **Note: You will be asked for your name, birthdate and "workplace" (since the test is usually offered only through an Employer group plan). Rather than your own employer/business name, say "Health Plus".*

2

You will receive your DNA kit and consent form in the mail. Take the saliva sample as directed and return with the consent form to Personalized Prescribing for analysis. **Note: your test is completely confidential; results will not be shared without your signed permission.*

3

The pharmacist will review your results and send a Summary Report to you and your doctor to help make the most informed decisions about your medications.

WHAT IS PHARMACOGENOMIC TESTING?

Also known as pharmacogenetic testing, it is a study of how our genes influence our response to medication. The test determines our unique DNA drug compatibility. It does not determine the risk of developing certain diseases.

Custom HR Advice

Whether you're a solo entrepreneur, employ people or work for someone else, sometimes you may have questions about workplace policies, rules or relationships. You could use information or guidance, without the cost of hiring a consultant.

Beneplan's in-house Human Resources professional is available to answer your questions, offer insight on best practices or help you think through the right approach to address an issue. Or offer perspective if you just want a second opinion on a workplace, management or employee concern.

What's Included

- Advice on job descriptions, office policies, performance issues, compensation, contracts and more
- Suggestions and examples from our library of HR document templates

How to access:

Contact Joel Gomes, HR Advisor at Beneplan



By Phone

1-800-387-1670 x 268



By E-mail

hr@beneplan.ca

WHY CONSULT AN HR EXPERT?

"People" issues matter, in a team of 2 or 2000, to productivity, results, and morale. Big companies have entire HR departments. Small businesses don't have that luxury. Sound advice can save you time and trouble.

Your Health Plus Wellness Resources are brought to you in partnership with the Beneplan Cooperative. Contact your Health Plus Advisor with any questions.



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