



Wellness Benefits

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 include three Wellness Benefits, 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 Benefits 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 Benefits, read on.



LifeWorks
EFAP



Personalized
Prescribing



Custom
HR Advice

LifeWorks EFAP



Personal, private support and resources through the LifeWorks Employee & Family Assistance Plan (EFAP).

What's Included

- *Professional Counselling* - Support via telephone or face-to-face from experienced Masters level clinicians.
- *Online wellbeing resources* - articles and videos, digital assessments, and personalized recommendations to support your mental, physical, social, and financial wellbeing.
- *Perks* - Exclusive offers, discounts, and cashback from major brands to save you money on everyday essentials.

LifeWorks EFAP can help you with ...

FAMILY

Parenting
Relationships
Divorce/Separation
Childcare
Death/Loss
Education

MONEY

Saving & Investing
Budgeting
Managing Debt
Home Buying
Estate Planning
Bankruptcy

LIFE

Retirement
Legal
Disabilities
Crisis
Personal Issues

HEALTH

Mental Health
Addictions
Managing Stress
Nutrition & Fitness
Sleep
Smoking Cessation

WORK

Time Management
Career Development
Work Stress
Managing People
Work Relationships
Communication

How to access:



Online Resources & E-Counselling

login.lifeworks.com

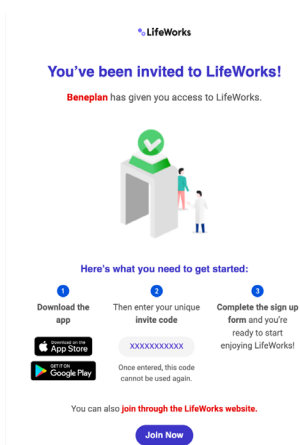


By Phone or Mobile App

1-844-880-9142

Speak directly to a real person at the Care Access Centre 24/7. Multiple languages.

Register Online



1

After enrolment in your Health Plus plan you will receive an email invitation from LifeWorks to register. Click the link in the email, or download the LifeWorks app and enter the invite code.

2

You will be prompted to set a password. Once you confirm your password and login you can start exploring.

Note:

Invites are sent to the primary plan member. If you have a partner or dependents on your plan, you will be able to add them to LifeWorks after sign up. If you would like to change the email associated with your LifeWorks account please contact Health Plus at info@healthplusinsurance.ca.

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

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.

How to access:

Contact Joel Gomes, HR Advisor at Beneplan



By Phone

1-800-387-1670 x 268



By E-mail

hr@beneplan.ca

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



416-498-6944



healthplusinsurance.ca



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