



Accountable Healthcare & Discovery+

Benefits Information



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About MembersHealth

Why MH Integrated Health Network (MH IHN) is Essential in Canada

In Canada, the growing lack of timely care and accessibility to doctors has become a critical issue. Long wait times, limited access to medical professionals, and the overwhelming demands on the healthcare system often leave Canadians without the support they need when they need it most. MH Integrated Health Network (MH IHN) was founded to address this very gap, ensuring that individuals across the country have immediate access to essential medical and mental health services.

Founded by Doctors, Designed for You

In 2018, a team of doctors and surgeons established MembersHealth with the mission of providing everyone with direct, rapid access to healthcare, whether for physical ailments or mental health concerns.

Critical Moments: The Inspiration Behind MembersHealth

Our founder's personal experience with the challenges of accessing timely care serves as the inspiration behind MembersHealth. When he was unable to secure same-day support for his terminally ill father-in-law in rural Quebec, or help his daughter battling daily panic attacks in the city, it became clear how desperately the healthcare system needed a solution. This gap in care ignited the creation of MH IHN, a network designed to connect people to essential care, whenever and wherever they need it.

Our Vision

We envision a healthier, more connected Canada, where every individual, can enjoy comprehensive, affordable, and sustainable healthcare benefits.

Premium Healthcare Solutions

Today, MembersHealth serves over 200,000 Canadians, offering 24/7 access to both medical and mental health specialists. Our holistic approach integrates physical, psychological, and psychosocial support, ensuring complete well-being for every member. In an era where quick access to quality care is often out of reach, MH IHN provides the solution Canadians need.

A Personal Message from Our President



Dr. Donald Jones

President & Chief Medical Officer

**Internationally Recognized Thoracic Surgeon
and Surgical Oncologist**

MembersHealth is unique because we put patients first in every decision we make. Our dedicated team of doctors, specialists, surgeons, and mental health professionals works closely to develop personalized care plans, guiding each member through every step of their healthcare journey.

We've specifically tailored our services for police personnel, ensuring they receive comprehensive, seamless support that truly meets their needs. At MembersHealth, patient-first care is our unwavering commitment and our promise.

Accountable Healthcare Program

Our program offers personalized healthcare to you and your dependents for all conditions, ranging from acute to complex. Our team of doctors and mental health professionals work synergistically to promptly assess, diagnose, and implement care plans using evidence-based clinical practices, case reviews, and consultations to achieve optimal healthcare outcomes.



Program Highlights:

- Employees and dependents can speak directly with our doctors, specialists, surgeons, and mental health professionals 24/7/365, within minutes.
- Medical doctors and mental health professionals work synergistically to support your members and dependents.
- 24/7/365 access to our therapists for crisis and other urgent mental health-related issues.

Virtual Healthcare Program Includes

With our Healthcare Program, you'll get access to a range of resources and support to help you manage your physical health and well-being.



24/7/365 Medical Support

- Speak to one of our family doctors or care team professionals at any time of the day or night, including weekends and holidays.



Medical Services

- Prescriptions are conveniently sent to a pharmacy of your choice.
- Diagnostics and labs ordered on your call for a seamless process.
- No-fee doctor's notes (as medically required) are conveniently emailed to you.
- Assistance with locating a family doctor.
- Second opinion service - we'll provide expert medical opinions on your current diagnosis.
- Tailored referrals to specialists and surgeons as our care team actively works to shorten your wait time based on your local specialist.



Patient Care

- Personal touch with follow-up calls/texts 24-48 hours post-doctor visit to see how you're feeling.
- MembersHealth Case Review team monitors and ensures that no underlying or complex ailment goes unnoticed.
- Expedited referrals through our care team.
- Unlimited appointments.



Continuity of Care

- Access to our doctors from wherever you are located in the world.
- Centralized Patient Record system.
- Share files with your family Doctor with consent.
- Personal care managers dedicated to each member to help you navigate the healthcare system.

How It Works - Virtual Care



1

Book an Appointment

Call: 1-800-484-0152

Online: www.membershealth.ca/book

App: Download from the Play Store or App Store

2

Quick Callback

Our doctors are available 24/7/365 and will call you at your scheduled time.

3

Comprehensive Care

Our doctors provide assessments, diagnoses, and personalized care plans, including prescriptions, lab orders, specialist referrals, and doctor's notes.

Note: There are NO restrictions or limits on how often you can call our doctors

EFAP Benefits Include

MembersHealth offers urgent (in-the-moment) and non-urgent counselling support in person, virtually or telephonically for a wide range of concerns, including, but not limited to:



24/7/365 Mental Health Support

- Immediate Mental Health support - you can speak to our therapists in minutes for crisis situations.
- Referral to a therapist for ongoing support - for a set of sessions.



Wellness and Mental Health Support:

- Counselling, Therapy & Life coaching.
- Nutrition support - healthy eating, weight management and more.
- Legal support - family, immigration, and more.
- Financial support - debt, planning, and more.
- Counselling available modes: In-person, Virtually ie Zoom or telephonically.



Patient Care:

- Access to our mental health providers from anywhere in the world.
- Clients can request specific therapist backgrounds, such as specific language or 2SLGBTQ+
- Therapists are hand-selected to meet each client's individual needs.
- Client follow-up as clinically needed to ensure needs are being met.
- Personal care managers dedicated to each member to help navigate the public mental health system.

How It Works - EFAP

Follow the below steps according to the urgency of the required support. A MembersHealth Care Team professional will follow up within 24–48 hours after appointments to check in, support next steps, and ensure your needs are being met.



Non-Urgent Support

1 - Book an appointment

Call: 1-800-484-0152

Online: www.membershealth.ca

Download App: Play Store or App Store

2. Complete the intake

Complete the secure intake form online, through the app, or verbally with a representative, so our in-house psychotherapists can hand-match you to a counsellor who meets your needs.

3. - Connect with your therapist

A therapist from the MembersHealth clinical network will call or email you within 1 to 3 days after your intake to arrange your first session and begin treatment.



In-The-Moment (Urgent) Support

1 - Request in-the-moment support

Call 1-800-484-0152 and request “in-the-moment support”.

2 - Speak with a licensed psychotherapist

You will receive a call back from a licensed psychotherapist who can help you talk through your concerns and provide immediate support.

MembersHealth Discovery+ Program

Our **Discovery+** Program has been developed by our Nation Medical Leadership Team to encompass an extensive suite of preventative solutions. While you can't control your genetics, we can help you detect, reduce, and address diseases before they occur. Develop gender-specific care plans with our Doctors, based on biological differences such as hormonal variations and pharmacokinetics.

Discovery+ Preventative Screenings:

There are 57 important and meaningful preventive screenings and diagnostics that can significantly impact your health. These tests are essential for early detection and management of various conditions, enhancing your chances for effective treatment and better health outcomes.

Precision Health Add-Ons: DNA & Pharmacogenetics

- **DNA – Advanced Genetic Analysis**
(Optional add-on - \$549 CAD)
- **DNA – Medication Sensitivity Analysis (Pharmacogenetics)**
(Optional add-on - \$549 CAD)



Discovery+

Discovery+ is a preventative healthcare program designed to improve your health with personalized insights and a comprehensive care plan. Our experienced doctors and dedicated Care Team work together to assess your health, offer care coordination and navigation of necessary tests, and deliver actionable health plans.

What To Expect

Structured 4-6 Week Program

- Discovery+ is designed to offer a holistic approach to health prevention, focusing on early detection and management of potential health issues.

Medical Care

Initial Consultation and Planning

- Completion of comprehensive intake form.
- 1 hour medical evaluation to assess health status and risks, led by a Family Medicine Doctor (FMD).
- Development of age and gender based screening plan tailored to individual needs.
- Screening plans cover up to 57-113+ health biomarker screenings + mental health screenings.

Specialized Screenings and Evaluations

- Access to diagnostics and appointments with medical specialists for targeted assessments.
- Preventative mental health screenings to evaluate psychological well-being.

Personalized Care Plan

- A comprehensive, personalized care plan is created by your assigned FMD, including visual testing breakdowns and detailed treatment strategies.

Review and Coordination

- 30-minute review session to go over the care plan and test results with the same FMD, ensuring continuity and clarity in the care process.
- White glove care coordination where a dedicated care team member is assigned to each case, assisting the patient in navigating the healthcare system and managing scheduling needs.

Patient Care / Continuity of Care

- Share files with the patient's FMD with their consent.
- Scheduled follow-up consultations with the same FMD 3-6 months post-assessment to monitor progress and adapt care plans based on the latest diagnostics.
- Use our digital tools and platforms to track health metrics and progress. This includes access to a patient portal where they can view their health records, appointment schedules, and receive health tips.

How Discovery+ Works

Access **Discovery+** by simply scanning the QR code and filling out our comprehensive intake form. Your designated Care Team Assistant will contact you directly to schedule your first appointment and guide you through the next steps based on your personalised preventative health screening plan.

Begin the Process

- 1. Complete the online intake form**
by scanning the QR code
- 2. Our team will contact you**
to schedule your initial medical consultation
- 3. Prepare any questions**
you have for our doctor



How to Prepare

Gather Health Information:

- Current medications and supplements
- Family health history
- Recent test results or medical records
- List of current health concerns or symptoms

Choose a Quiet, Private Space for virtual consultation

Plan Your Schedule: Allow flexibility for completing recommended tests

Consider Your Health Goals: Think about what you want to achieve through this program

What You Need to Know

Program Duration:

Typically 4-6 weeks from initial consultation to follow-up

Time Commitment:

- 15 minutes to complete intake form
- 1-hour initial virtual consultation with a doctor
- 2-3 weeks for self-guided testing
- 30 minute to 1 hour follow-up consultation

Technology Requirements:

- Reliable internet connection
- Device with video capability (smartphone, tablet, or computer)
- Access to email for communications

Discovery+ DNA Test Kit Add-On

Advanced Genetic Analysis

Our **Discovery+** Advanced Genetic Analysis DNA Test Kit add on analyzes 127 genetic markers across 96 genes to show how your unique DNA influences reveal how your body responds to diet, exercise, stress, and more. Using cutting-edge science, we translate your genetic data into clear, personalized, and actionable insights, empowering you to make smarter choices for your health. With an enhanced analysis covering an expanded panel of genetic markers, you'll gain deeper understanding in key areas such as:

Diet & Nutrient Metabolism

Understand how your body absorbs and processes essential nutrients.

Detoxification & Heart Health

Learn how your genes influence toxin clearance and cardiovascular well-being.

Hormonal Balance

Discover genetic factors affecting energy, mood, and metabolism.

Brain & Mental Wellness

Explore your unique genetic patterns related to focus, mood, and resilience.

Obesity Risk & Weight Management

Identify traits linked to appetite, fat storage, and metabolic rate.

Physical Fitness & Performance

Optimize workouts based on your muscle type, recovery rate, and endurance potential.



Discovery+ DNA Test Kit Add-On

Medication Sensitivity Analysis

Our **Discovery+** Medication Sensitivity Analysis DNA Test Kit add-on analyzes genetic variations that influence how your body processes and responds to medications, covering over 130 commonly prescribed drugs. By examining your DNA, the test helps guide medication selection and dosing before treatment begins. Using advanced pharmacogenomic science, we translate your genetic data into clear, personalized, and actionable insights, helping reduce trial-and-error prescribing and minimize the risk of adverse drug reactions (ADRs).

Our Medication Response Genetics DNA Test Kit provides insight into how your body may respond to medications used in areas such as:

- **Anti-Anxiety/Anti-Depression**
- **Cardiovascular**
- **Dentistry**
- **Dermatology**
- **Endocrinology**
- **Gastroenterology**
- **Immunology**
- **Infectious Diseases & Antibiotics**
- **Neurology**
- **Oncology**
- **Pain and Migraine**
- **Psychiatry**
- **Pulmonology**
- **Reproductive Health**
- **Rheumatology**
- **Urology**



How The DNA Kit works

1



Receive Your Kit

Your MembersHealth DNA kit will arrive within 1–2 weeks.

2



Collect Your Sample

Follow the simple, step-by-step instructions included in your kit.

3



Return Your Kit

Send your sample back using the prepaid mailer provided.

4



View Your Results

After we receive your sample, your personalized DNA report will be available within 2–3 weeks.



ACCESSING THE CARE YOU NEED AT THE RIGHT TIME.

Choose the option that works best for you.

1

ACCESS ONLINE

PRPRA Member Portal 



Scan to Access Your Dashboard

2

DOWNLOAD THE APP

Members Health Mobile App

Available for iOS and Android



3

NEED HELP?

Contact Our Care Team

Call 1-800-484-0152

Email info@membershealth.ca