

Times have changed. So should your EAP.



Help your employees live better with well-being support for the modern workplace.

Help your employees get the right care. Anytime, anywhere.

Our Employee Assistance Program (EAP) is a complete health solution designed to support the unique needs of your employees and their dependents. Offering mental health services for individuals, couples, and children, comprehensive well-being resources, needs-based care navigation and more, employees can tailor services to meet their individual needs.

Counselling tailored to you:

With our personalized matching algorithm, finding the right care provider for your employees' unique needs and preferences has never been easier.

1. Employees fill out a short assessment
2. We generate a short list of counsellors best suited to the employee's needs based on clinical experience, cultural fit, language and more
3. Employees can book an online appointment within 24-72 hours, making support easy, fast and effective

How is our EAP different?

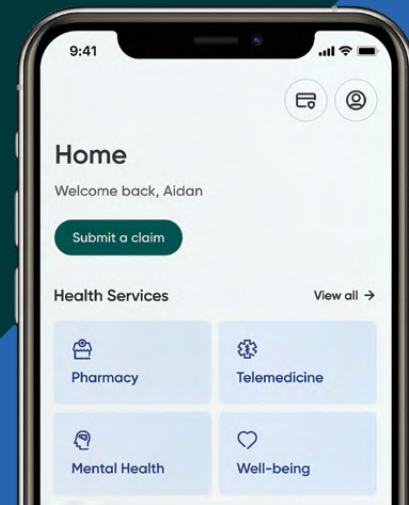
Traditional EAPs are known for long wait times, outdated 1-800 numbers, and taking a quick fix approach to care. **We do better.**



Reach out to us to learn more about our services.

Our Spectrum of Care

We understand that well-being looks different for everyone.



Whether addressing an acute health crisis or seeking ways to optimize your team's total well-being, we can help you find the right program to meet the unique needs of your workforce.



Counselling

Employees and their dependents can conveniently book phone, video, or in-person sessions with a chosen therapist through a simple online system.

→ Individual and Couples Counselling available



Total Health and Life Services

It takes more than just therapy to live and stay well. Our professional registered nurses and trained professionals are here to help your employees navigate all aspects of life.

→ Work and Career → Legal and Financial
→ Health and Nutrition → Life Transition



Care Navigation

Care Navigation enables employees to easily discover, access, and engage with GreenShield Health services and resources based on their needs.



Well-being

The GreenShield Well-being program provides employees with interactive tools and resources to help achieve their unique health goals. Offering a holistic approach to healthy living, it empowers employees with personalized strategies, care plans, and guided support – every step of the way.

→ Holistic Health Management → Physical and Mental Health Resources
→ Preventative Health Strategies → Healthy Lifestyle Strategies



Children's Mental Health

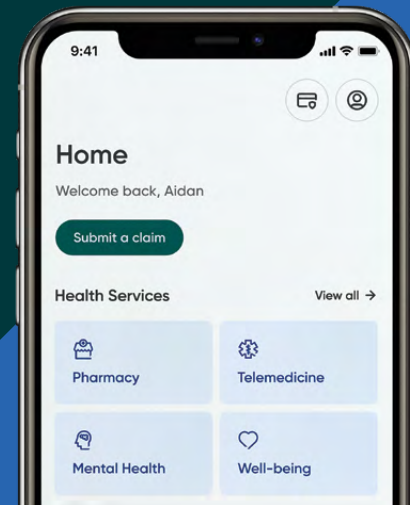
Created for children aged 5+, our unique game-based program teaches age-appropriate coping skills and Cognitive Behavioural Therapy (CBT) principles. In partnership with Mightier, this fun children's program blends digital gaming and off-screen activities to reinforce learned skills through play.

→ Game-Based and Off-Screen Activities → Coping Skills Through Play
→ CBT Activities

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Pharmacy

Employees can easily manage prescriptions, set up refill reminders, and meet with a pharmacist from the comfort and privacy of home. Whether they have prescription drug coverage through work or individually, our Pharmacy offers a modern way to manage their health.

- Online Prescription Management
- Consultations, Medication Reviews, and Assessments
- Free Prescription Medication Delivery¹ Within Canada (excluding Quebec)²



Comprehensive Reporting and Support

Understand the needs of your workforce better – and how to meet them – with our comprehensive reporting and dedicated Account Support.



Employee and Manager Mental Health Training

Prevention starts with education. We ensure your employees get the most of our services with comprehensive onboarding and training.

Need more? Add these features and scale your mental health services on-demand to meet the evolving needs of your workforce:

Telemedicine

A virtual healthcare solution that seamlessly connects plan members with Canadian-licensed healthcare professionals for virtual, comprehensive mental and physical health support.

Digital CBT (Coach led)

A digital program that uses Cognitive Behavioral Therapy to support individuals with mild to moderate anxiety and depression help achieve their wellness goals.

Webinars and Training

Courses created by a team of nurses, clinicians and professionals to help your organization promote optimal employee health.

Specialized Clinical Services

Clinical support for acute crises, complex mental health needs, substance abuse issues and more.

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// GreenShield Health is rewriting the playbook on Employee Assistance Programs. They have over-delivered in every aspect of our partnership and we haven't looked back. //

Anna Petosa
VP, People Ops, Pelmorex

Our EAP



Traditional EAP

Engagement	→ Easy-to-use digital-first approach	× Confusing and archaic 1-800 numbers decrease uptake
Booking Time	→ Schedule a virtual appointment within 24–72 hours	× Long wait times spanning weeks
Match Results	→ Personalized matching questionnaire finds the best therapeutic fit. Based on clinical experience, cultural fit, language, religion and more	× Employees matched based on whichever clinical expert is available
Quality of Care	→ Seamless continuity of care, allowing for long-term support after benefits max out	× Quick fix approach to care, stopping once benefits are up instead of when clinical improvement is made
Full Spectrum	→ A complete solution for your organization's unique well-being needs	× A fragmented network and system of referrals lead to high employee frustration

Trusted by:

WESTJET*

ENDY*

ATB*

Rexall*

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GreenShield means, collectively, Green Shield Association and Green Shield Holdings Inc., which houses insurance, health, adjudication, and benefits administration businesses, including Green Shield Canada Insurance, Green Shield Health Inc., Green Shield Adjudication Inc., and Green Shield Administration Inc. Green Shield Holdings Inc. is a wholly owned subsidiary of the non-profit Green Shield Association.

[1] Free delivery is only available on prescriptions filled with GreenShield Pharmacy or when combined with both a prescription and a product order from the GreenShield Health Store. Orders (that do not include a prescription) placed with the GreenShield Health Store of at least \$50 before tax qualify for free shipping.

[2] Free delivery is not available in Quebec. Pharmacy services in Quebec are provided by Medzy Pharmacie Sonia Boutin Inc.

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