

# Supporting a better you.



Backed by science. Tailored for you.

## What is Digital CBT by GreenShield Health?

Digital CBT by GreenShield Health is a digital program that delivers Internet-based Cognitive Behavioural Therapy (Digital CBT) to help people over the age of 18 who experience mild to moderate anxiety and depression. Our interactive learning modules will help you develop positive coping strategies, reduce life-disrupting symptoms, and learn to challenge negative thoughts and behaviour patterns.

## Start your Digital CBT journey today

- Accessible online both by desktop or mobile companion app anytime, anywhere.
- Participate at your own pace
- Clinically proven

## How to register on GreenShield+:

1. Scan the QR code below or go to [app.greenshieldplus.ca](https://app.greenshieldplus.ca)
2. Follow the instructions

Having trouble? Find help in our support centre at [greenshieldplus.zendesk.com](https://greenshieldplus.zendesk.com)

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GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which houses health services and benefits administration businesses, including Green Shield Health Inc. and Green Shield Administration Inc.



Login to your GS+ account  
to get started:

[greenshield.ca](https://greenshield.ca)  
Organization Code:

