

# Well-being looks different for everyone.



Many factors contribute to a healthy, fulfilling life. Help your employees achieve their well-being goals with a holistic range of health services.



Offering support every step of the way, our comprehensive Well-being program provides tools, resources and guidance to empower employees on their unique health journey. The module offers personalized strategies and care plans in service of mental and physical health, so employees can lead happier, healthier, and more fulfilling lives.

## Why is Employee Well-being Important?

The success of your workplace depends on the health and well-being of your people. The right programs can help employees achieve their potential – both personally and professionally – and can result in fewer sick days, improved performance and a positive workplace culture.

Our Well-being program offers an integrated space where members can access tailored support and resources on a wide range of topics, including mental well-being, physical fitness, preventive healthcare and lifestyle choices.

Reach out to us to learn more about our services.

# A complete health solution for you and your team.

What makes our approach to well-being unique?

**We understand that well-being looks different for everyone. Integrated into GreenShield+, our Well-being platform offers holistic support that is easy to access and personalize.**

## **Features and benefits include:**

- Continuous engagement through personalized daily, weekly, and monthly reminders
- A diverse library with thousands of engaging and educational mini-courses, quizzes, and activities
- A confidential Well-being Questionnaire used to identify and evaluate employees' potential health risk factors
- Wearable data collection through synced devices for easier tracking and greater accuracy



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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.

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