



Wellness Programs

We offer a variety of additional programs to help plan members access the tools and resources they need to improve their physical and mental wellbeing.

Online health portal

My Good Health[®] offers a health risk assessment tool and comprehensive health information to help members assess their health, set and track personal goals and make lifestyle changes. My Good Health is available for all plan members.

My Good Health Enhanced is an optional product, which leverages the data from member participation to provide organizations with insightful reporting tools to understand the health of their employees, track areas of concern and potentially make changes to their plan design to address these internal indicators.

Expert medical review

Second Opinion provides members with the opportunity to have their medical files, diagnosis and treatment plan reviewed by specialists at world class medical institutions.

Employee and Family Assistance Program

Our comprehensive Employee and Family Assistance program, inConfidence, offers voluntary and confidential counselling to address work and life challenges. Services are available 24-7, 365 days a year.

