

# Whole-Person Care Through Chambers Plan

From the sniffles, to support with your medical diagnosis, to navigating your mental health journey, help is at your fingertips. We've worked with our partner, Teladoc®, to provide access to experts by web, app, or phone, every step of the way.



## INCLUDED FOR ALL CHAMBERS PLAN MEMBERS

### myStrength

This flexible and comprehensive digital mental health program will create a plan designed just for you, with proven tools to help you manage stress, depression, poor sleep quality, and more. An in-app coach can help you navigate self-guided activities and tools so you can shift your thinking, get inspired and feel more hopeful.

### Teladoc Medical Experts (TME)

For you, your eligible dependents, and even your parents and parents-in-law, get the peace of mind you deserve under any medical circumstance. TME builds your confidence and understanding regarding your medical diagnosis, treatment option, or the need for surgery. Leading medical experts offer a wide range of services to help you and your treating physician make the best possible decision for your health.

## INCLUDED WITH ALL CHAMBERS PLAN HEALTH OPTIONS

### Telemedicine Service

Telemedicine offers access to quality healthcare when and where members need it most. Members can visit with a certified physician by phone or video\* for non-emergency healthcare issues. They can receive a diagnosis, treatment recommendation and even be prescribed medicine, when necessary.

\*Due to legislation, in Quebec this service must be provided by video

### Mental Health Navigator

Access dedicated experts who can provide guidance on how to navigate the mental health system. A navigator can have your current mental health diagnosis and treatment plan reviewed by a psychiatrist or psychologist for improvement and ongoing support.

**Get started today.**

**Visit [Teladoc.ca](https://teladoc.ca), download the Teladoc app, call 1 877 419-2378 or log into *my-benefits*® and select Teladoc.**

