

Chambers Plan's Virtual Offerings

Over the past couple of years, we have enhanced Chambers Plan with more options and support, with a focus on the convenience of digital access. We thought it would be a great time to remind you about some of the virtual offerings currently available at no additional cost to Chambers Plan members.



Included with all Chambers Plan Extended Health options, Teladoc Health's Telemedicine Services offer convenient access to quality healthcare when and where members need it most. Members can visit with a certified physician by phone* or video for a broad array of episodic healthcare issues. During the visit, they can receive a diagnosis, treatment recommendation and even be prescribed medicine when necessary. With Telemedicine Services, your employees can stop waiting for care and get back to feeling better, faster. And your company benefits by seeing an increase in productivity and a decrease in absenteeism.

Members who have yet to take advantage of this offering can register by downloading the Teladoc app to their mobile device, visiting [Teladoc.ca](https://www.teladoc.ca), or by calling Teladoc directly at 1-888-983-5236.

*In Quebec, telemedicine services must be offered by video conference.



Included with all Chambers Plan Extended Health options with prescription drug coverage, PocketPills, Canada's leading online pharmacy, offers an app-based experience and free home delivery for prescription medications.

This service supports easy medication adherence by sorting medication and vitamins into PocketPacks by date and time. And the Caregiver feature allows employees to easily manage loved ones' medications from their own account. PocketPills pharmacists are available seven days a week via live chat, text, call or email.

PocketPills' cost model generates a savings to the Plan, which is reinvested to provide members with an additional 10% in coinsurance on prescription medications filled by PocketPills*.

The easiest way for members to register is through the PocketPills section on *my-benefits*®. Members can also register by visiting www.pocketpills.com/chambers or downloading the PocketPills app to their mobile device.

*Due to provincial legislation, the additional 10% coinsurance cannot be provided to Quebec residents. Also, the additional coinsurance does not apply to plans that already provide 100% coinsurance for prescription drugs.

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The premium version of Huger is a mental wellness app designed to help people feel connected. Included for all Chambers Plan members, the self-guided digital program can help users measure their level of social connection, discover how to build and maintain authentic connections, and regularly share how they're feeling with those closest to them. Members can:

- Discover their level of social connection by completing self-awareness check-ins—identifying strengths and opportunities for growth and action.
- Develop evidence-based skills to identify and close gaps in their social connections through iCBT-based learning (internet-based Cognitive Behavioural Therapy).
- Track and view trends to see correlations in their social connections, experience at work, loneliness, isolation and anxiety.
- Share their journey with those closest to them so the caring and trusted people in their lives can seamlessly know how they're feeling.

Members can access Huger by downloading the app to their mobile device.

Chambers Plan offers the above virtual services to help support the health and well-being of your employees. These services are not intended to replace your employees' current, trusted providers, but simply to provide high-quality care options, 24-7, for those who need them. Additional information about these comprehensive offerings, and more, can be found on my-benefits.ca.