

VALUE-ADDED SERVICES & SUPPORT

Available to clients of
Blueprint Insurance
Services Inc.

As a compliment to your regular employee benefits program and in partnership with our benefits consultants at People Corporation, Integrated Solutions, we are pleased to provide you with information, helpful tips, and access to tools and resources, outlined in the following:



People Connect: A mental health resource helping you and your family members identify a mental health practitioner best suited for your needs. This resource offers online virtual therapy at a discounted hourly rate. The first 30 minutes are free. Some practitioners are covered by your benefits program.
<https://pcpeopleconnect.com/integrationsolutions>



Self-Help Works: Web-based and confidential, offering online courses that focus on topics helping you pursue a healthy and balanced lifestyle. Examples of courses include nutrition, addiction, stress management, exercise, sleep, etc. These innovative programs are effective, engaging, and easy to use.
<https://portals.selfhelpworks.com/integrationsolutions>



Nutritional Health Coaching: Guidance from a professional nutrition practitioner to adopt mindful eating habits to reduce risk factors for chronic and other health conditions.
<https://enroll.ecounsellors.ca/peoplecorp>



GOeVisit: A Canadian company providing virtual access to medical professionals, for the diagnosis and treatment for over 450 minor illnesses.
1-866-318-4748 / www.goevisit.com / clientsupport@goevisit.com



YouRNurse: Over 8 million Canadians are faced with the challenge of caring for a loved one. This resource offers a personal consultation with a nurse to develop a map of care report designed to address each employee's specific needs. Coaching, support, and guidance are provided in key areas.
1-888-327-1500



My Eldercare: 80% of individuals anticipate caring for an elderly loved one in the next 5 years. This service provides access to resources and support, including customized action plans, geriatric assessment reports, 4 hours of personal back-up care, discounted rate of personal emergency response services, and access to an online resource centre. 1-888-327-1500



My Medical Director: Have you or a family member been diagnosed with an illness and would like a second opinion? Do you need help obtaining a medical diagnosis? You have access to a team of medical experts who will help you navigate the medical system, interpret medical information, and find appropriate care in a timely way. 1-877-373-9872 / advocate@medextra.com

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DNALabs™: Pharmacogenetic testing, validate your medication, and/or lifestyle and nutrition compatibility. Available at no cost, on as needed basis. Two kits are available: LoveMyHealth™ - Lifestyle Genetic Test, or MatchMyMeds™ - Drug Compatibility Test. <https://dnalabs.ca/people-corporation-order-form/>



Cleveland Clinic: Preferred pricing for executive medicals, and access to specialists in the areas of sports medicine, dermatology, and cardiology. <http://www.clevelandclinic.org>



Kids & Company: Access to emergency back-up childcare at a Kids & Company centre (locations available throughout Canada). In addition, you qualify to register for full or part-time care at a Kids & Company location. <https://kidsandcompany.com>



Iris: Savings on prescription eyewear. The program offers a variety of in-store discounts (depending on the types of glasses purchased) to you and your family members. <https://iris.ca/en/iris-advantage-program>



Pets + Us: Discounts on Pet Insurance for cats and dogs to protect against veterinary care costs with sickness and injury. To access the easy-to-use quoting website, visit: www.petsplusus.com/partner/peoplecorp



Patient Choice Program: Generic drugs cost up to 75% less than their brand name equivalent, but the generic is not always the preferred version of a medication. Use the website www.peoplecorpextras.ca to confirm if your drug is part of the program and ORDER YOUR Patient Choice Program Card. Show your Card to your pharmacist to be dispensed the BRAND, your benefits program reimburses up to the cost of the GENERIC, the Patient Choice Card covers up to 100% of the REMAINING BALANCE



Pillway: A full-service virtual pharmacy with a specialized focus for those managing multiple medications per day. They simplify the process by pre-sorting medications by dose, date and time into individual packets, which increases medication adherence rates. They offer low dispensing fees and provide free home delivery. www.pillway.com/peoplecorporation



Preferred Pharmacy Networks: We have formalized relationships with pharmacy providers across Canada to offer lower dispensing fees and, more importantly, capped ingredient cost mark-ups, estimated average savings of up to 20% of drug costs. Over 4,550+ pharmacies across Canada, including, Sobeys, Metro, Food Basics, Costco, Rexall, and more!

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People Connect – Mental Health Resource Centre

We are pleased to provide you and your dependents with access to a Mental Health Resource Centre called People Connect. This new service provides access to a mental health website that is designed to support workplace and individual mental health needs through five core elements:

1. A mental health knowledge forum and full library, including articles, videos, and podcasts.
2. Proprietary Diagnostic and Statistical Manual (DSM) based mental health assessment tools.
3. Video therapy that provides preferred pricing and access to mental health care and treatment, booked in real time with a therapist of your choice. This allows you to extend your benefit dollars for counselling services even further!
4. Virtual psychiatric collaboration for cases requiring additional support.

With the introduction of People Connect, your first 30-minute session is free of charge to ensure you are paired with a therapist you are comfortable speaking with. After an initial session, you can take advantage of preferred pricing to access virtual counselling as frequently as you wish, from anywhere, at a time that's convenient for you. You can use your paramedical benefit to continue sessions with an eligible practitioner.

SelfHelpWorks

You can enjoy free access to online courses for you and your family. There are seven (8) courses in total and you can complete them online and at your own pace anytime. Each topic addresses various healthy behaviours that are meant to contribute to your overall wellness and well-being:

- Living Lean – Weight Loss Nutrition Program
- Living Easy – Stress and Resilience Program
- Living Free – Smoking Cessation
- Living Well Rested – Sleep Program
- Living Smart – Alcohol Program
- Living Fit – 12-Week Walking Program
- Living Well – Diabetes Management Program
- Living Clear – Breaking Addiction Program

Nutritional Health Coaching

An online support program that helps optimize your health!

This program was designed for individuals:

- Who want guidance from a professional nutrition practitioner
- Who want to adopt mindful eating habits
- Looking to reduce their risk factors for chronic and other health conditions

You have access to online support tools and resources:

- A nutrition assessment
- One-on-one health coaching
- A personalized meal plan
- Goal and weight tracking tools
- Healthy Recipes
- Food and mood journal
- Informational articles