



# Health Plus<sup>TM</sup>

## Wellness Resources

### *What's Included*

We know there is more to good health than dental check-ups and visiting your doctor when you're sick. There are times we need information, advice or support to cope with work, life or health challenges. That's why all Health Plus plans now include three Wellness Resources, at no extra cost to you. Services from specialized professionals in family counselling, stress management, health and fitness coaching, human resources and much more, plus online resources to help you and your business thrive.

Although these services are usually reserved for employees in large group plans, we believe you should have access to the same benefits no matter where you work. As a Health Plus client, the Wellness Resources are available for you to use whenever you need them, no claims required.

To learn more about what's included with your Health Plus Wellness Resources, read on. When you sign up we'll send additional access information.



Confidential  
Counselling



Personalized  
Prescribing



Custom  
HR Advice

# Confidential Counselling



Personal, private support and resources through the Shepell Employee & Family Assistance Plan (EFAP). Counselling and online articles and programs from experts on work, health, and life challenges.

## What's Included

- Professional Counselling - for problems with addiction, anxiety, relationships and more. From experienced Masters level clinicians.
- Financial & Legal Support - advice on divorce, landlord and tenant issues, debt, estate planning.  
*\*Not available for work/employer issues, immigration, or tax law.*
- Family Support - for example, help finding child or senior care, relationship and new parenting programs
- Career Counselling - stress reduction, coping strategies, and career planning
- Nutrition Support & Health Coaching - virtual fitness, healthy eating, weight loss, smoking cessation, advice from an RN on other physical health issues

## How to access:

The EFAP services are available by phone, email or e-chat through the Shepell Care Access Centre. 24/7, in multiple languages. If you're not a Health Plus client, you can browse the [workhealthlife.com](http://workhealthlife.com) site as a guest for a preview of some of the resources.

## WHAT IS AN EFAP?

An Employee Family Assistance Plan (EFAP) is a voluntary, professional, completely confidential support program. Much more than employee counselling, resources and assistance from accredited experts focus on finding solutions to a wide range of life's challenges.

# Personalized Prescribing



We are all genetically unique and so is the way we react to medications. Unexpected side effects, allergic reactions or poor response to a drug can interfere with the intended positive health impact. While doctors prescribe to the best of their ability, the missing piece of the puzzle is our DNA.

Personalized Prescribing works by identifying your unique genetic differences to predict the medications that would be most effective with the least side effects for you. To be eligible, you must currently be taking a prescription medication on the testing list that's causing you concern, or have just been prescribed one.

## What's Included

- 900+ brand name medications on the testing list
- Testing in a state-of-the-art Canadian genetics lab
- Clinically validated recommendations from a leading pharmacogenetics expert
- Custom report sent to you and your doctor

## How to access:

Order your DNA kit by phone from the Personalized Prescribing specialist. Using the simple at-home kit, take a saliva sample and submit it by mail for analysis. The test is completely confidential and results are not shared without your signed permission. There is no charge for Health Plus clients.

## WHAT IS PHARMACOGENOMIC TESTING?

Also known as pharmacogenetic testing, it is a study of how our genes influence our response to medication. The test determines our unique DNA drug compatibility. It does not determine the risk of developing certain diseases.

# Custom HR Advice

Whether you're a solo entrepreneur, employ people or work for someone else, sometimes you may have questions about workplace policies, rules or relationships. You could use information or guidance, without the cost of hiring a consultant.

Beneplan's in-house Human Resources professional is available to answer your questions, offer insight on best practices or help you think through the right approach to address an issue. Or offer perspective if you just want a second opinion on a workplace, management or employee concern.

## What's Included

- Advice on job descriptions, office policies, performance issues, compensation, contracts and more
- Suggestions and examples from our library of HR document templates

## How to access:

Connect directly by phone or e-mail with the professional HR advisor at Beneplan.

## WHY CONSULT AN HR EXPERT?

"People" issues matter, in a team of 2 or 2000, to productivity, results, and morale. Big companies have entire HR departments. Small businesses don't have that luxury. Sound advice can save you time and trouble.

Your Health Plus Wellness Resources are brought to you in partnership with the Beneplan Cooperative. Contact your Health Plus Advisor with any questions.

