



 Manulife

Manulife Health by *Design*TM

Your mental health is too important
to leave to chance.

The Manufactures Life Insurance Company (Manulife)

Your mental health is too important to leave to chance.

Find out today what's included in your benefits plan.



Answer a few simple questions to learn what program(s) are available to you and how to get started.

How are you feeling?

See all the mental health tools and resources available to you and your dependants.



Looks like you are feeling relatively good these days.

Did you know prevention is just as important as recovery?

The best part is – with your benefits plan, you've got options.

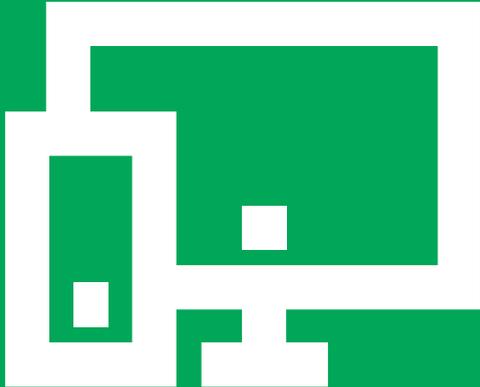


How do you like to receive information about your mental health?



Talk via phone or video

In the comfort of your home or
wherever works for you.



Click below to learn more:

Here are some other options:

Text

Sometimes, it's easier to type things out.



Click below to learn more:

Here are some other options:

Guide myself with some help

These resources can help.

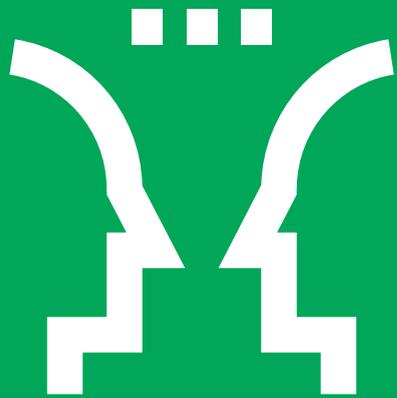


Click below to learn more:

Here are some other options:

Talk face-to-face

Mental health professionals are here to help.



Click below to learn more:

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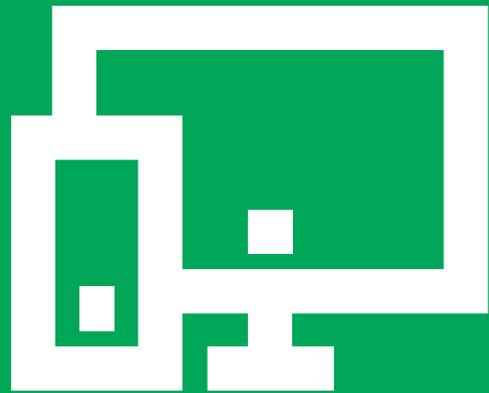
Sorry that you've had better days.

Let us help you find the next best step as part of your benefits plan. Talking to someone face-to-face or even on the phone is a great start.



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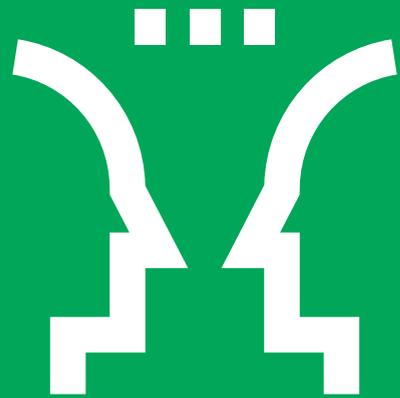


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Feeling down?

It's important to talk to someone. Let's find the right care for you, so you can get better, sooner.

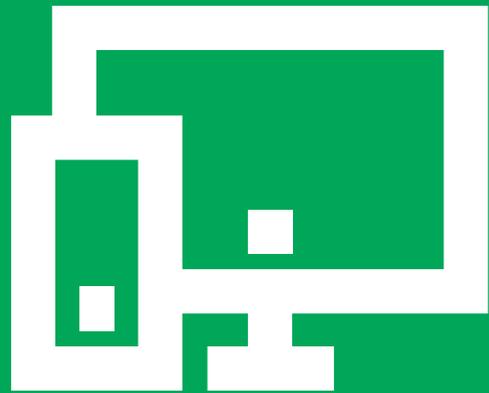


If you are having suicidal thoughts, connect to a crisis responder to get help without judgement.

 Visit [Talk Suicide Canada](https://talksuicide.ca) or call toll free at **1-833-456-4566**

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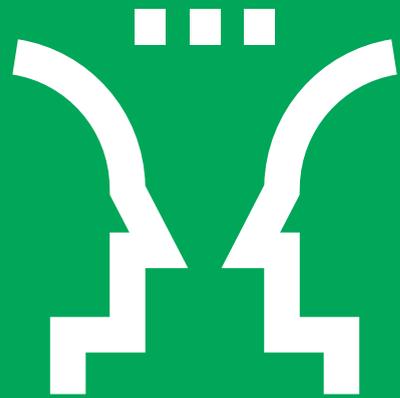


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Unsure?

Here are all the mental health tools and resources available to you.



Health Service Navigator

Make confident and informed decisions about your treatment.

Get a trusted and reliable second opinion on your health care needs such as a new diagnosis, treatment options, preventative health tools and resources available in your area. Get assistance when you need it by web or phone.



Employee and Family Assistance Program (EFAP)

24/7 access to counselling – the way it should be.

EFAP offers 24/7 access to professional short-term counselling to help you with a broad range of health challenges. This includes and is not limited to addiction, mental health as well as family and relationship concerns. EFAP is delivered exclusively by Homewood Health.



Healthcare Online

Virtual mental and physical health care, 24/7.

Healthcare Online provides you with on-demand access to primary care providers for diagnoses, treatment, prescriptions, laboratory requisitions, and specialist referrals – right from your smartphone or computer, by text or video chat. Receive mental health support for conditions such as stress, depression, anxiety and eating disorders.

Healthcare Online includes unlimited consultations with nurse practitioners, evidence-based assessment tools, personalized mental health care plans, and referrals to other specialists on the app or in the community.



Virtual Health Coaching with NexJ

Helping you make positive changes with lasting impact.

Healthy habits take time to build, and Virtual Health Coaching is designed to empower you to make positive changes that will last a lifetime. You have access to 6 months of 1-on-1 support from a personal health coach, personalized wellness plans, daily online exercises, mindfulness sessions and more – anywhere, anytime.



Manulife *Vitality* Group Benefits

Helping you live a longer, healthier life.

A digital well-being program that rewards you for making healthy lifestyle choices. Sync the app with your wearable device to track your activities, reach your goals, and earn gift cards and discounts with science-based motivation techniques that work. Manulife *Vitality* Group Benefits is a great way to be proactive with your health.



Financial Wellness Assessment

Helping you navigate your finances.

Financial Wellness Assessment is an online resource that lets you easily see your overall financial situation by answering a few simple questions. Identify your top financial priorities and receive a personalized action plan to help you reach your goals.



Personalized Medicine

Find the most suitable drug for you.

Your genetics play a big role in how you respond to drugs. Our Personalized Medicine program uses a simple genetic test to help you and your doctor find the right drug for you at the right dose. Reduce side effects from trial-and-error and live a healthier life sooner.



Therapist Guided Program powered by MindBeacon

1-on-1 digital support at your fingertips.

Get the right care at the right time with Therapist Guided Program powered by MindBeacon. Receive secure and personalized digital therapy, whenever and wherever you need it. Check your benefits to find out how much coverage you have available, as well as the mental health practitioners covered under your plan.



Paramedical services

Get support near you.

You may find a registered mental health practitioner near you, such as a psychologist, social worker, clinical counsellor, psychotherapist, marriage & family counsellor, and psychoanalyst.



Here are all the tools and resources available to you and your dependants

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[➤ Get started here](#)

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Paramedical services

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[> Check to see your coverage](#)

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Personalized Medicine is being provided through a third-party vendor, Personalized Prescribing Inc. Personalized Medicine is offered as an add-on to extended healthcare (EHC) benefits for members and their covered family members. Check your benefits to confirm your eligibility.

MindBeacon's Therapist Guided Program is an eligible benefit for all Group Benefits members and any covered family members who have coverage for social workers under their plan.

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